

# Mid-Autumn Festival

The Mid-Autumn Festival is a traditional Chinese holiday that falls on the 15th day of the eighth lunar month.

The origin of Mid-Autumn Festival can be traced back to three main sources:



Worship of the moon

Ancient Chinese believed that the moon was sacred, and they would worship it on this day to pray for a good harvest and happiness.



Legend of Chang'e

Ancient Chinese believed that Chang'e, the moon goddess, lived on the moon with a jade rabbit. People would worship Chang'e and the jade rabbit on this day to express their admiration and respect for them.



Family Reunion

The 15th day of the eighth lunar month is the middle of autumn, which is also the harvest season. People would gather with their families on this day to celebrate the harvest and enjoy one another's company.

## Significance of Mid-Autumn Festival

### Reunion

Mid-Autumn Festival is a time for families to reunite, and people would gather with their loved ones to spend quality time together.

### Blessings

Mid-Autumn Festival is also a time for blessing, and people would worship the moon to pray for a good harvest, happiness, and health.

### Cultural Heritage

Mid-Autumn Festival is a traditional Chinese holiday that is deeply rooted in Chinese culture.