

Happy New Year 2026!

Post by “Kalosyni” of January 1, 2026 at 7:04 PM

An excerpt from an article on the history of New Year's resolutions:

Quote

Alexis McCrossen, a history professor at Southern Methodist University whose research focuses on New Year's observances, says it was ancient Romans who first associated Jan. 1 with New Year's resolutions.

They celebrated the start of January by giving offerings to the month's namesake, Janus — the two-faced god of beginnings and endings — and auspicious gifts (like twigs from sacred trees) to their loved ones.

"It was a day to make promises and offerings," McCrossen says. "I think that's the origin of our New Year's resolution, because a resolution is a kind of promise."

<https://www.npr.org/2025/12/31/nx-s1-5649767/new-years-resolutions-history>