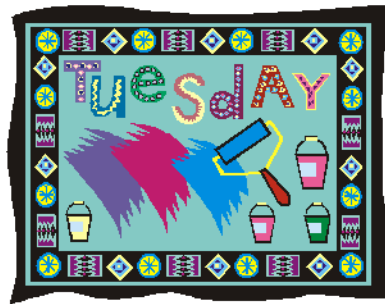


Origins of Days of the Week



Sunday

Sunday comes from the Latin (*dies solis*), meaning “sun’s day” the name of a pagan Roman holiday.



Monday

Monday comes from the Anglo Saxon monandaeg “the moon’s day”. This second day was sacred to the goddess of the moon.



Tuesday

This day was named after the Norse god Tyr. Tyr is the ancient god of War and the Lawgiver of the gods.



Wednesday

Wednesday was named to honour Wodan (Odin). For the Vikings Odin was father of the gods.



Thursday

Named after the Norse god Thor, the son of Odin. Thor, god of war was also famous for his hammer (Mjollnir)



Friday

Named in honour of
the Norse goddess
Frigga (Frigg),
goddess of love,
marriage, and
destiny. Wife of the
god Odin.



Saturday

This day was called dies saturni “Saturn’s Day” by the Romans in honour of Saturn, god of time, harvest and agriculture.

