

# Monday: The First Or Second Day Of The Week And Russian And American Culture

Дни недели	Days of the Week
Понедельник	Monday
Вторник	Tuesday
Среда	Wednesday
Четверг	Thursday
Пятница	Friday
Суббота	Saturday
Воскресенье	Sunday

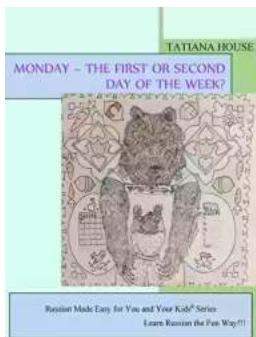
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Monday, often considered the first day of the week in Western cultures, holds a significant role in our daily lives. It symbolizes new beginnings, fresh starts, and the end of the relaxing weekend. But did you know that in certain cultures, like Russia, Monday is considered the second day of the week? In this article, we will explore the cultural significance of Monday in both Russian and American cultures, unraveling the unique customs and perceptions associated with this day.

## Monday in American Culture

In American culture, Monday represents the beginning of a new work or school week for most individuals. It holds a reputation for being the 'dreaded Monday,'

where people often struggle to shake off the weekend laziness and get back into the rhythm of their professional lives.



## **RUSSIAN LANGUAGE: Learn It the Easy Way!!!: "Monday - the First or Second Day of the Week?" And "Russian and American Culture"**

by Olga Ritchie(Kindle Edition)

★★★★★ 5 out of 5

Language : English

File size : 7094 KB

Print length: 29 pages

Lending : Enabled



For many, Monday is associated with feelings of exhaustion, stress, and even unhappiness. The dreaded Monday blues, as they are commonly known, often result in low productivity levels and a higher number of work absences due to lack of motivation. As a result, phrases like "I hate Mondays" or "Is it Friday yet?" have become prevalent in American workplaces.

### **Monday in Russian Culture**

In Russian culture, Monday holds a different perception and is considered the second day of the week. The Russian calendar starts with Monday being the first day, unlike Sunday in Western cultures. This contrasting view stems from religious and historical influences within the Russian Orthodox Church.

In the past, the Russian calendar followed the Julian calendar, which designated Monday as the first day. Although Russia adopted the Gregorian calendar in 1918, which adheres to the Western concept of Sunday being the first day, the

tradition of Monday as the second day of the week remained deeply ingrained in Russian culture.

In modern Russia, Monday is embraced as a day full of possibilities and energy. It signifies a fresh start, just like a new week, and holds positive connotations rather than the 'dreaded Monday' associations found in American culture.

## **Contrasting Perspectives**

The American and Russian perspectives on Monday reflect the cultural differences in work-life balance, leisure time, and historical influences.

### **Work-Life Balance**

Americans tend to focus heavily on work, often prioritizing career success and financial achievements. This emphasis creates a mentality where Mondays mark the return to the demanding work environment, resulting in the negative perception attached to the day.

On the other hand, Russians place significant emphasis on leisure time and maintaining a healthy work-life balance. Mondays symbolize a new week to achieve personal goals, spend time with loved ones, and pursue hobbies, contributing to the positive perception of the day.

### **Historical and Religious Influences**

The historical and religious influences in both cultures have also played a role in shaping the perception of Monday.

In the United States, Sunday holds religious importance as the Sabbath day in Christian tradition. Consequently, Monday becomes the day when individuals

have to resume their secular responsibilities, leading to its association with the Monday blues.

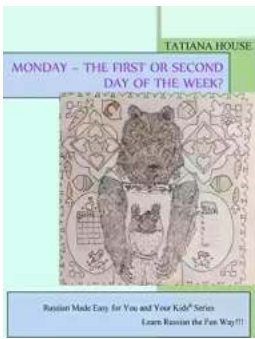
In Russia, the Russian Orthodox Church observes different religious traditions, where Monday holds no special significance. This neutral outlook allows Russians to embrace Monday as just another day to kickstart their week, removing any negative associations.

Monday, seen as the first or second day of the week depending on cultural perspective, plays a crucial role in Russian and American cultures. In American culture, Monday is often associated with dread and stress, signifying the resumption of work and the end of relaxation. However, in Russian culture, Monday marks a fresh start, symbolizing new opportunities and positive energy.

Understanding these cultural differences sheds light on the importance of work-life balance, historical influences, and religious traditions in shaping our perceptions of the days of the week. So, the next time Monday comes around, challenge yourself to embrace it with a positive and energetic mindset, mirroring the Russian perspective on this widely misunderstood day.

Sources:

- Source 1: Work-Life Balance in American Culture - [www.worklifeready.com](http://www.worklifeready.com)
- Source 2: Historical Influences on Russian Calendar - [www.russianculture.com](http://www.russianculture.com)
- Source 3: Russian Orthodox Church Traditions - [www.russianorthodoxchurch.org](http://www.russianorthodoxchurch.org)



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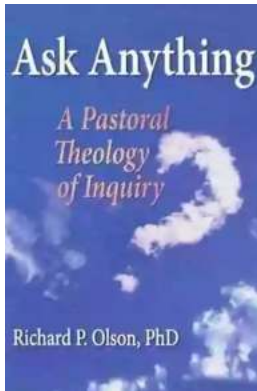
Learn Russian the easy way! This book is intended for kids age 3-8 who started or would like to start learning the Russian language. Parents who read the book to their children and those who would like to pick up a few new words or refresh their memory can also benefit from this book. This is NOT a parallel text book, though this method of learning has been popular in Europe for years and is gradually spreading to the United States. Another popular in Europe method is used in this book: the meaning of new words is explained from the beginning and they substitute the English words from that moment on or stand next to their English equivalent. If it's not the first time you read this book to your kids, you can try omit the English version and read only the Russian Version. The Russian words in the context of English words make understanding and learning them much easier.

The book also has a cultural value. It's never too late or too early to learn about different cultures!

Extra Bonus - "Russian and American Culture" story is included. It explains to your kids what the word "Culture" means and helps to learn several new words meanwhile.

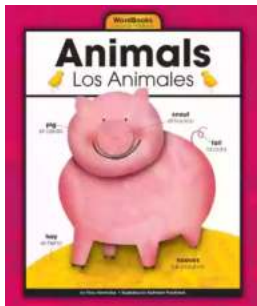
This series was intended to be a series of several short stories with the emphasis

on learning the Russian language and Russian culture in general. Taking into consideration the nature of this book and its young audience, each story is not very long (not to bore your young learners) - about 10-15 pages long, but very educational!



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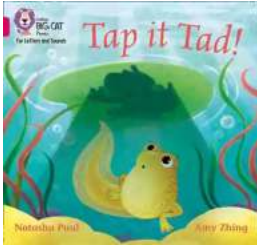
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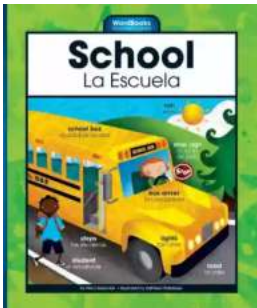
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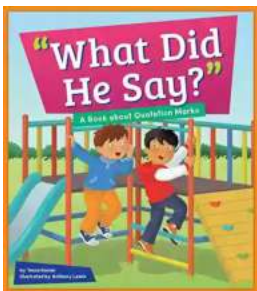
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