This presentation traces the history and development of many of the world's most endearing holiday customs, all of which involve lighting up the winter season — from the burning Yule log, sparkling Christmas tree lights and candles in windows, to the lighting of luminarias in the American Southwest and the traditional ritual of the Hanukkah Menorah.

The show also recounts the historical religious and cultural rituals practiced during the time of winter solstice — not only Christian and Jewish, but also Celtic, Nordic, Roman, Irish, Mexican and Hopi. It also takes a look at some of our more light-hearted seasonal traditions: from gift-giving and kissing under the mistletoe, to songs about lords a-leaping and ladies dancing, and the custom of decking the halls with greenery and candles. St. Nicholas, Sinterklaas, Kris Kringle, Father Christmas, and Santa Claus all drop by as well.