

# An Easter Tradition for Your Family



The custom of blessing food for Easter arose from the discipline of fasting during Lent. Easter was the first day when meat, eggs and sweets could again be eaten. In many areas of the world where Christianity is practiced, especially among Mediterranean and Slavic peoples, food for the first meal of Easter is taken to church in baskets on Holy Saturday to be blessed. Whether your family shares this cultural tradition or whether you're looking for a new household tradition, here are some ideas!

*First, choose a basket. Then, fill it with any of these symbols:*

<u>Symbol</u>	<u>Symbolizing...</u>
White cloth	the Resurrection of Christ; our resurrection; baptism
Salt	Jesus teaching, "you are the salt of the earth" (Mt 5:13)
Greenery or vegetables	new creation in Christ
Eggs	new life in Christ
Yeast bread or sweet bread, such as hot cross buns	bread from heaven (manna) provided by God to the Israelites in the desert; the bread of heaven (the Eucharist provided by Christ; yeast bread symbolizes the rising of Christ from the dead
Ham or sausage	the new covenant in Christ
Lamb	Christ the paschal lamb
Butter, cheese, or sweets	in celebration of the end of 40 days of fasting; the richness of life in Christ
Bitter herbs (green onions, parsley, etc.) or a lemon	Passover; the bitterness of slavery in Egypt; slavery to sin

Your own tradition \_\_\_\_\_

*Then bring your basket to the Blessing of Easter Food on Holy Saturday, April 3, 2010, after Morning Prayer at 8:15am.*

