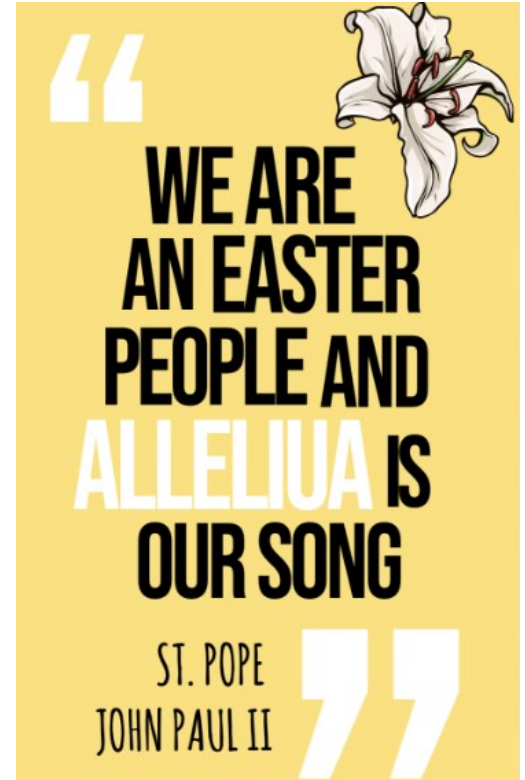


# LITURGICAL LIVING

Series 32: March 31-April 06

## Eastertide

Easter is the summit of the liturgical year. Easter is also known as “Eastertide” and the season lasts for 50 days, ending on Pentecost. “The Resurrection of Jesus is the crowning truth of your faith in Christ, a faith believed and lived as the central truth by the first Christian community; handed on as fundamental by Tradition; established by the documents of the New Testament; and preached as an essential part of the Paschal mystery along with the Cross: ‘Christ is risen from the dead! Dying, he conquered death; To the dead, he has given life’ (638 *Catechism of the Catholic Church*). Easter is known for light and renewal and should be lived in joy. This is reflected in the music and decor of churches, and should be done so in our lives as well. A great example of how Easter joy can be lived in our lives is to look at how life changing Jesus’ resurrection was in the Bible. Case in point, Peter goes from denying Jesus three times on the night of Holy Thursday to openly proclaiming the glory of Jesus crucified and resurrected in front of the Jews on Pentecost.



## **Easter Sunday (Solemnity of the Lord’s Resurrection).**

What’s great is you don’t have to wait for the whole story to develop, either. Another life changing example is found on the very day that Jesus rose. At dawn on Easter morning, Mary Magdalene and the other holy women went to Jesus’ tomb to anoint his body with spices. They found that the large stone in front of the entrance had been rolled away, and Jesus’ body was not there. An angel appeared, and told them, “He is not here; for he is risen, as he said” (Matthew 28:6). The women then rushed off to tell the 11 apostles, but they did not believe the women initially. Eventually Peter and John ran for the tomb. John got there first but Peter entered first and they “saw and believed” (John 20:8). John and Peter were aware that something unexplainable had just happened. To what level? They were about to find out!

## Easter Eggs and the Bunny

There can be a lot to say about Easter traditions like eggs and the Easter bunny, just as there can be a lot to say about Christmas traditions. The same as before, I just give encouragement to not get too caught up in the stuff and stay focused on Christ. There is a tradition that the first creature Christ saw after the Resurrection was a rabbit so it was a great honor to rabbits and now a rabbit brings each child an Easter basket. Maybe this is why the bunny is so popular, it’s been in relation to Jesus this whole time. :)

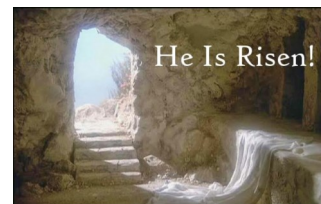


## Easter Week and Beyond

When Easter Sunday is over, we still have something to look forward to: 7 more Easters! The Church proclaims Easter Day is so great that it can't be limited to just one day! The octave from Sunday to Sunday is 8 solemnities, each is another Easter Day! As mentioned before, Easter is 50 days so how can we continue to be Easter people after Easter Sunday? Here are a few examples of things you could try out this year!

### 1. The Paschal Greeting

- There is a tradition that instead of saying "hello" when greeting someone during Easter, to instead say, "He is risen" and the other to respond, "He is risen indeed." It is fun and appropriate to the season. It can be added after meal prayers too.



### 2. Easter Decorations

- Flowers. Springtime flowers, especially Easter lilies, are beautiful to have in your home! It is a good time to thrift some vases and give them new life with a coat of spray paint if you're up for an Easter craft.
- The plastic Easter Eggs remain out in the toy rotation. They can be used in water play and other sensory bins as well. Easter egg trees are also a thing!
- Put something up that says "Alleluia."

3. Pray the Regina Caeli (O Queen of Heaven): This prayer replaces the Angelus prayer in Easter and is often said before bed. You could add this into your daily prayer.

*V. Queen of Heaven, rejoice, alleluia.  
R. For He whom you did merit to bear, alleluia.  
V. Has risen, as he said, alleluia.  
R. Pray for us to God, alleluia.  
V. Rejoice and be glad, O Virgin Mary, alleluia.  
R. For the Lord has truly risen, alleluia.*



*Let us pray. O God, who gave joy to the world through the resurrection of Thy Son, our Lord Jesus Christ, grant we beseech Thee, that through the intercession of the Virgin Mary, His Mother, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.*

### 4. Easter Friday (Meat Friday)

- Easter Friday is one of two solemnities that fall on a Friday each year (the other is the Sacred Heart of Jesus in June). This solemnity trumps any Friday penances. My family abstains from meat every Friday during the year; not just lent so we can go big on these /meat Fridays! It really is fun and makes these days a little more special.

### 5. Pray the Stations of the Resurrection (Via Lucis)

- During Lent we often Pray Stations of the Cross, a traditional and powerful prayer to connect us to the Suffering and Passion of Christ. During Easter, we are invited to pray with the Stations of the Resurrection, based upon the appearances of Jesus after his Resurrection.

- You can find them on [Formed](#) or here is a [guide](#) or another option from [Catholic Icing](#).



## The Via Lucis



See AFC Website for  
Digital Version

