

Liturgical Year: Easter

During the Easter season, we live with joy because of Jesus' victory over death.

Chapter Summary

On Easter morning, women who followed Jesus discovered His tomb open. A young man dressed in white proclaimed to them that He was risen. Today, the Church celebrates the joy of Jesus' Resurrection throughout the Easter season. Because of Jesus' Death, Resurrection, and Ascension into Heaven, we have access to God's grace and receive new life. The Church uses the paschal candle throughout the Easter season and during the Sacrament of Baptism to remind us that Jesus is risen from the dead and has won for us this new life. Several decorations can be used in our homes to help us celebrate the true meaning of Easter, including candles, flowers, and holy water. We can share Easter baskets with our families and bake lamb cakes to remind ourselves that Jesus is the Lamb of God, who takes away the sins of the world.

More for Parents

The Easter liturgical season celebrates the joy of Jesus' Resurrection and how we receive new life by God's grace. There are many times in our lives when we may feel stuck in a perpetual Good Friday. It can be difficult to see beyond the suffering of the present moment. During the Easter season, we are reminded to keep our eyes fixed on the Resurrection. We are called to look forward to "Sunday" whenever those perpetual "Good Fridays" arise. On Sunday—in the Resurrection—is our hope and joy. Easter gives meaning to the suffering that Jesus experienced on Good Friday. In the same way, it gives meaning to our own suffering. There is hope! There is new life offered to us by Christ!

Virtue in the Family

This Easter season is a great time to practice the virtue of fortitude by courageously expressing your joy for the Easter season with others.

Courageously Witnessing the Gospel

- Choose a martyr who inspires your family. As a family, pray to this saint every day of the Easter season, asking him to help your family have the courage to witness the joy of Jesus' Resurrection to others.
- Create an Easter garden that symbolizes the new life we receive because of the Resurrection. Have your children choose the seeds. Plant them together, and care for them. As the plants grow, compare them to the new life Christ has won for us.
- As a family, be witnesses of the joy of Jesus' Resurrection by baking a lamb cake for a neighbor, friend, or relative. When you deliver the cake, explain the meaning of the cake and courageously witness the joy you have for Jesus' Resurrection.
- Make fun Easter baskets to give to others. Fill the baskets with rosaries, prayer cards, holy water, or other religious items that encourage the person receiving the basket to learn about God and pray to Him.

Vocabulary Words for Your Children to Review

- **Easter basket**
- **lamb cake**
- **paschal candle**

Find digital flash cards to help your children review on the parent portal.



For more family faith formation resources, go to the parent portal.