

# FAMILY FAITH

## Liturgical Year: Easter

*During Easter, we celebrate new life!*

### Chapter Summary

Easter is a liturgical season of the Church. During these fifty days, we celebrate the Resurrection of Jesus from the dead. In the Easter season, we celebrate the new life given to us by Jesus. Because Jesus defeated sin and death, we have the hope of eternal life with God in Heaven. At Mass, we return to proclaiming “Alleluia,” which reminds us that Easter is a season of rejoicing. The liturgical color of Easter is white. The church is decorated with lilies to remind us of new life. The Easter candle reminds us that Jesus is the Light of the World.

### More for Parents

Springtime tends to be a joyful time of year with budding flowers and the grass getting greener. As parents, we can approach the Easter season with this same joy and excitement. It is important that we teach our children that Easter is indeed a season, not just one day. After forty days of penance, the Church celebrates fifty days of Easter. The way we celebrate Lent and Holy Week has an impact on how we enter into Easter. Help your children see the joy of Easter by first helping them reflect on the sadness of Holy Week. Try to model for them the stark differences between the two seasons. We experience sorrow on Good Friday, stillness and quiet on Holy Saturday, and joy throughout the Easter season.

### Virtue in the Family

Easter is not a time to return to our old habits prior to Lent but instead to continue developing new virtuous behaviors throughout the entire Easter season and moving on to the season of Ordinary Time.

### Continuing in Virtue during Easter

- Pray the Glorious Mysteries of the Rosary every Sunday as a family.
- Strengthen your children’s faith in Christ’s Resurrection by teaching them the traditional Easter greeting: “Christ is risen!” Response: “He is risen indeed!” Say this every morning during the season.
- Write a letter to express gratitude to your parish priests for all their work during Lent, Holy Week, and Easter.
- Decorate your house for Easter. Even small things like draping a white cloth around a crucifix, putting out lilies, and having your children draw a picture of Christ’s Resurrection to hang up can be ways to live with joy during Easter.

### Vocabulary Words for Your Children to Review

- **Alleluia**
- **Easter candle**
- **Resurrection**

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



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