

Liturgical Year: Easter

Throughout the Easter season, we celebrate Jesus' Resurrection from the dead.

Chapter Summary

"Easter is not simply one feast among others, but the 'Feast of feasts'" (CCC 1169). During the Easter season, we participate in Jesus' Resurrection and rejoice, knowing that through His Resurrection, Jesus made it possible for us to have new life and to live in Heaven with God forever. The richly decorated churches, the liturgical color white, and the singing of the "Alleluia" remind us that Easter is a season of joy and new life. We feast and participate in special activities with our families. These all invite us to enter into the joy of the season.

More for Parents

The Easter season is a time of joy and celebration. When we take time really to celebrate the fifty days of the Easter season, we are reminded that the Cross of Christ ultimately leads to the joy of the Resurrection. This Easter season, try to pay extra attention to helping your family celebrate. One way you can do this is by making a special Easter food, such as a lamb cake. Try decorating the house with your children. Leave the decorations up for the whole season as a reminder to your family that they are still in a season of joy and new life. You may also display your family's baptismal candles as a reminder of the new life you each received in Baptism. If needed, you may request replacement baptismal candles from your parish.

Virtue in the Family

It can be difficult for families to participate in the Easter celebration for all fifty days. If we plan at least one Easter activity each week, then the hope of the season will remain in the heart of our families.

Rejoicing in Easter

- Family prayer activity
 - Prepare a picnic and then go on a walk in the park as a family. At the end of your picnic, read the gospel passage of the road to Emmaus (see Luke 24:13–35). Lead family members to reflect on the following:
 - Appearing to His disciples after His Resurrection shows us Jesus' desire to be with us.
 - Like the disciples in the Gospel, we sometimes fail to recognize Jesus in our daily lives.
 - Have you noticed Jesus' love this week? When?
 - End your picnic by praying an Our Father.
- Each Sunday, make dinner together, complete with a tablecloth, candles, place settings, and finer dishes. Before dinner, read a gospel account of Jesus eating with His disciples after the Resurrection (see Mark 16:14–18; Luke 24:13–35; 24:36–43; John 21:1–14).
- Purchase holy water bottles from a Catholic bookstore. Fill them up from the holy water dispenser at your parish. At home, have your family bless themselves with it as a reminder of the new life they share with the risen Christ through Baptism.
- Instead of simply saying "hello" to one another when getting home from school or work, use the Paschal Greeting. This is when one person says, "He is risen!" In response, the other says, "He is truly risen!" It is a constant reminder of the joy of Easter.

Vocabulary Words for Your Children to Review

- **Easter**
- **Easter octave**

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