



**Join us for a
Blessing of the Easter Meal
Easter Sunday * 9:30am under the portico**



A widespread custom of Eastern Europe’s Byzantine Catholics is the blessing of special foods at the Feast of the Resurrection. It originates from the fact that, for centuries, certain foods were part of the abstinence required by the Church during Lent. At the close of Lent, people showed their joy and gratitude by bringing foods to the Church for a solemn blessing before consuming them.

This year, we will offer a blessing of the Easter Meal after the 8:15am mass on Easter Sunday and all parishioners are invited to participate! Traditional foods and their symbolism are listed below but you are not limited to these – bring what your family normally enjoys for Easter. Food that is blessed must be consumed, so please bring only small portions.



Lamb, either the meat, itself, or a symbolic lamb made from cake or butter reminds us of the ancient Passover food by whose blood the Israelites were saved

Ham, Bacon, or Sausage symbolize the great joy and abundance of Easter. Pork was forbidden under the dietary code of the Old Testament, but the coming of Christ was seen as exceeding the old law and these items became acceptable

Bread reminds us of Jesus, the risen Lord, who in the Eucharist is the Bread of Life

Butter reminds us of the good will of Christ that we should have towards all things

Wine is the drink of the Passover meal and the Last Super

Eggs are a sign of hope and resurrection, and their decorations show the beauty of New Life

Horseradish represents one of the bitter herbs prescribed in the original Passover meal

Salt preserves food just as Christ’s teachings preserve our eternal life. Also a sign of hospitality

A **candle** (unlit) reminds us that Christ is our light

A **white cloth** represents the burial cloth and is used to cover the food until the blessing



You may bring your food in a basket or small, flat box to the portico starting at 7:30am. The blessing will be after the 8:15am mass (around 9:30) after which you can take your food to enjoy! Please contact Nicole Browning with any questions at nicolebrowning2@gmail.com

