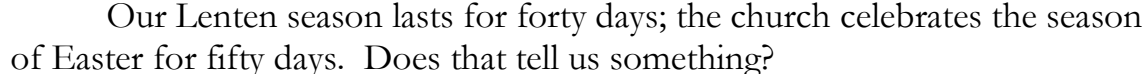




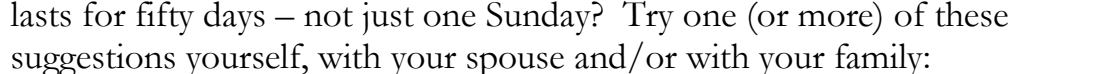
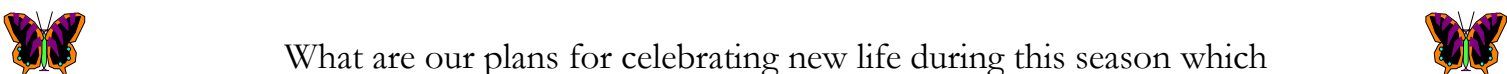


Fifty Ways to Celebrate Easter


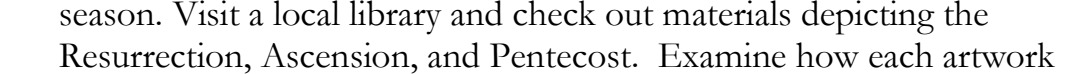
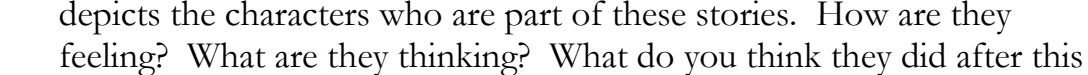
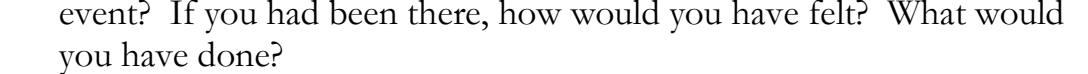
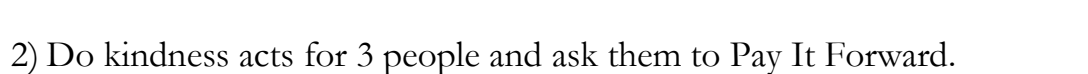
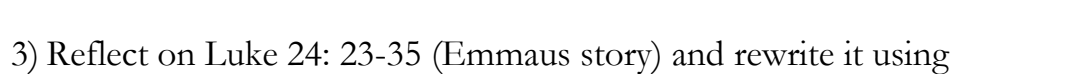
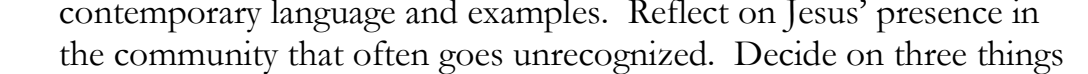
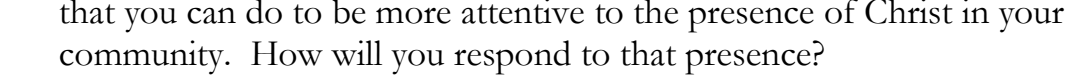
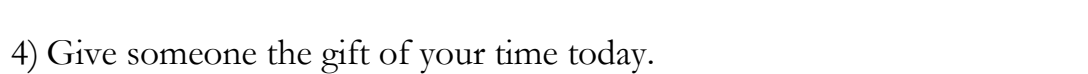
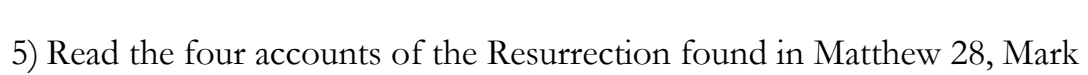
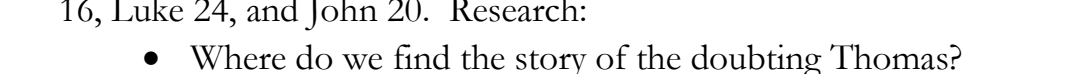
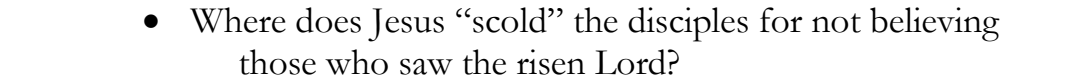
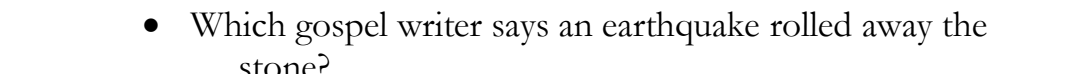
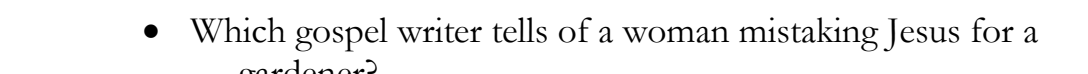

Janet Schaeffler, OP



Our Lenten season lasts for forty days; the church celebrates the season of Easter for fifty days. Does that tell us something?



What are our plans for celebrating new life during this season which lasts for fifty days – not just one Sunday? Try one (or more) of these suggestions yourself, with your spouse and/or with your family:

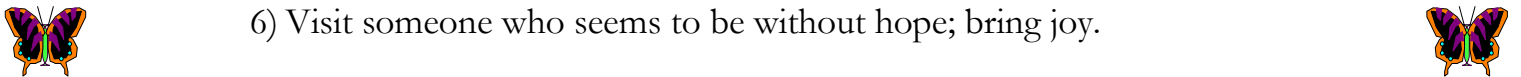
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 1) There are numerous artworks focusing on the themes of the Easter season. Visit a local library and check out materials depicting the Resurrection, Ascension, and Pentecost. Examine how each artwork depicts the characters who are part of these stories. How are they feeling? What are they thinking? What do you think they did after this event? If you had been there, how would you have felt? What would you have done?
 - 2) Do kindness acts for 3 people and ask them to Pay It Forward.
 - 3) Reflect on Luke 24: 23-35 (Emmaus story) and rewrite it using contemporary language and examples. Reflect on Jesus' presence in the community that often goes unrecognized. Decide on three things that you can do to be more attentive to the presence of Christ in your community. How will you respond to that presence?
 - 4) Give someone the gift of your time today.
 - 5) Read the four accounts of the Resurrection found in Matthew 28, Mark 16, Luke 24, and John 20. Research:
 - Where do we find the story of the doubting Thomas?
 - Where does Jesus “scold” the disciples for not believing those who saw the risen Lord?
 - Which gospel writer says an earthquake rolled away the stone?
 - Which gospel writer tells of a woman mistaking Jesus for a gardener?



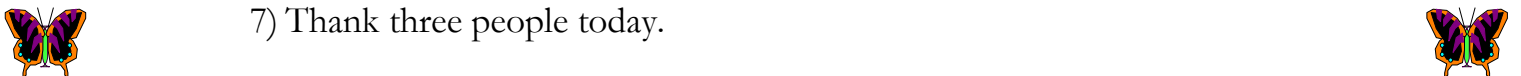
- Where does Jesus appear to two disciples on the road to Emmaus?



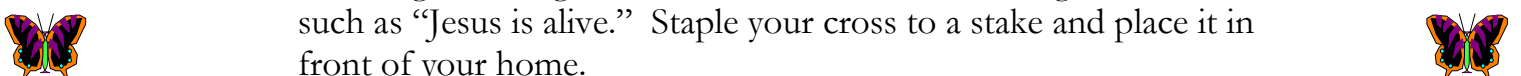
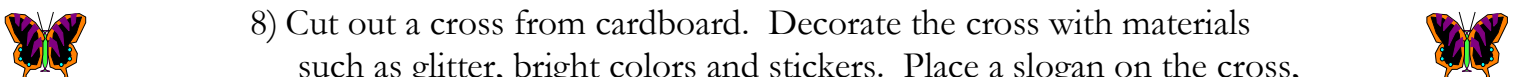
6) Visit someone who seems to be without hope; bring joy.



7) Thank three people today.



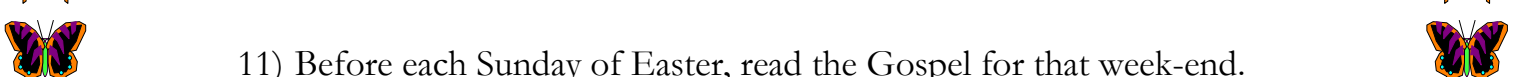
8) Cut out a cross from cardboard. Decorate the cross with materials such as glitter, bright colors and stickers. Place a slogan on the cross, such as "Jesus is alive." Staple your cross to a stake and place it in front of your home.



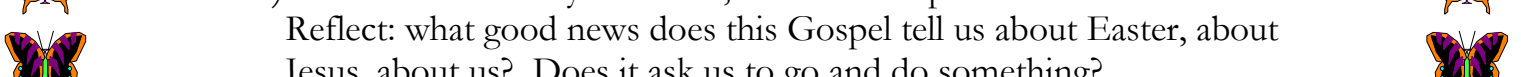
9) Ask an elderly neighbor if they need anything from the store.



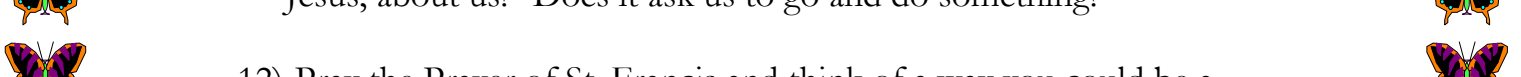
10) Notice if you're feeling judgmental and choose to be kind instead.



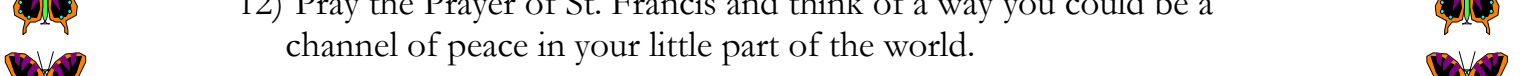
11) Before each Sunday of Easter, read the Gospel for that week-end. Reflect: what good news does this Gospel tell us about Easter, about Jesus, about us? Does it ask us to go and do something?



12) Pray the Prayer of St. Francis and think of a way you could be a channel of peace in your little part of the world.



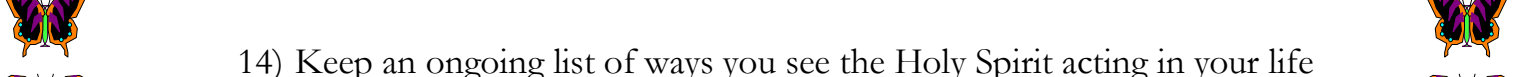
13) Tell someone why you love them.



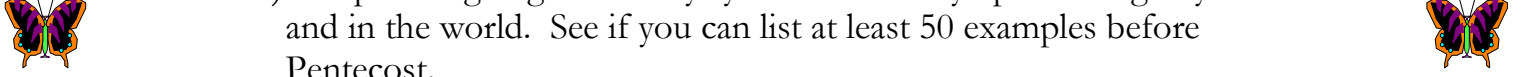
14) Keep an ongoing list of ways you see the Holy Spirit acting in your life and in the world. See if you can list at least 50 examples before Pentecost.



15) Bring home from your parish newly-blessed Easter water. Bless yourself or each other at the end of each day.



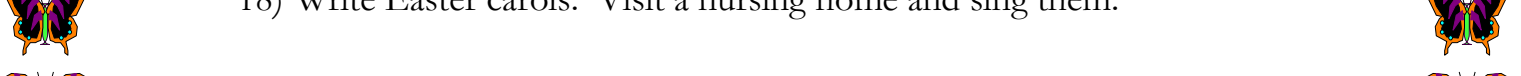
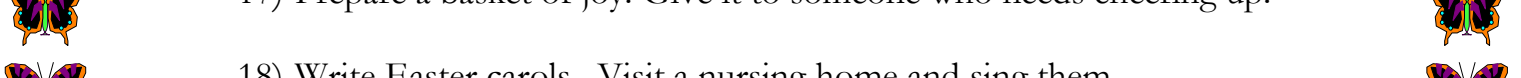
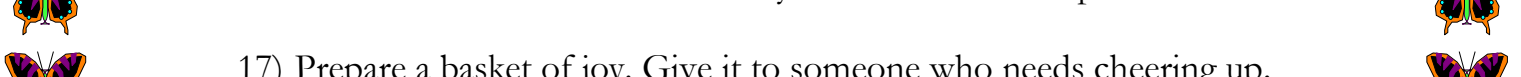
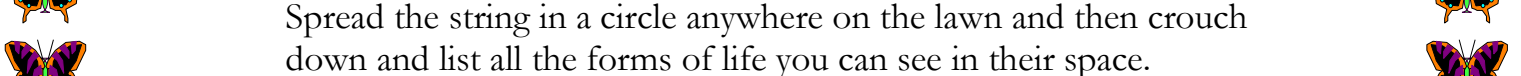
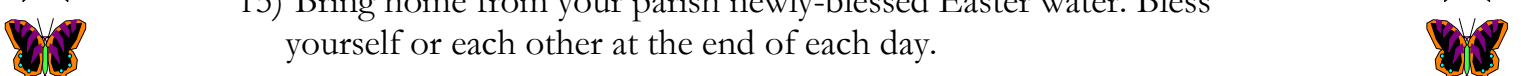
16) Easter is a season of new life. Take 50 inches of string and go outside. Spread the string in a circle anywhere on the lawn and then crouch down and list all the forms of life you can see in their space.



17) Prepare a basket of joy. Give it to someone who needs cheering up.



18) Write Easter carols. Visit a nursing home and sing them.





- 19) Read Acts 2:42-47. How can you share some of your possessions with others in need?
- 20) Take some Easter treats to your local emergency services.
- 21) Smile and say hello to others as you pass.
- 22) Times when Jesus and the disciples shared food figure prominently in the Gospels of the Easter season. Make it a point to have a sit-down meal with family at least once a week. Dress the table with a tablecloth, candles, a plant or flower and serve dessert.
- 23) Make a list of your legacies – not things or money, but attitudes, values and customs – that you are passing on to the next generation.
- 24) Buy yourself some flowers.
- 25) In this season of new life, plant something – in your yard or a house plant in your home.
- 26) Go to the cemetery and plant flowers at a grave which looks unattended.
- 27) Tell someone what a great job they're doing.
- 28) Pray for someone who is hurting. Send that person a brief note of encouragement and let them know you are praying for them.
- 29) Call, write or email someone with whom you've lost contact.
- 30) Pray the Stations of the Resurrection:
<https://www.stgregoryspreston.org.uk/webedit/uploaded-files/All%20Files/Stations%20of%20the%20Resurrection.pdf>
- 31) Send Easter cards to those who mean a great deal to you.
- 32) Alleluia is a Hebrew word of joyful praise. Find where it is used in the Book of Psalms or Tobit. It is the word for the Easter season. Make a banner and put it in your home. Better yet, put it on the outside of your home and share the good news with your neighbors. (Leave it up for the entire fifty days.)





33) Sit outside. Think about how the sky changes, sometimes becoming very menacing. Think of a fear which might be bothering you, and pray: “God, protect me and give me courage.” Then think of the wonders of God’s creation and pray: “I praise you, God of Wonder, God of Life.”



34) Spend a few minutes listening to the birds.



35) Undertake one project to beautify the world.



36) Take an Emmaus walk. Before you start out, read the Emmaus story (Lk 24: 13-35). Then go to some place that has special meaning for you or to some place where you haven’t gone for a while. Imagine that Jesus is walking with you.



37) Hide positive messages for others to find.



38) Write a letter to the editor in praise of someone or some action.



39) Send Easter cards to people who are grieving.



40) In the nine days before Pentecost, pray a novena to the Holy Spirit, asking for an increase in the gifts of the Spirit.



41) Begin a bulletin board of good news. Watch the paper/internet for stories that reveal people’s concern for one another.



42) Many cultures have special Easter foods. For instance, in Bermuda they eat codfish cakes and in Argentina it’s meat empanadas. From Africa to Australia, many indulge in chocolate. Try:



- Hot cross buns: <https://www.allrecipes.com/recipe/7073/hot-cross-buns-i/>
- Paraguayan Chipa: <https://www.saveur.com/article/Recipes/Paraguayan-Chipa-Easter-Breakfast-Bread/>
- Eastertide Tart: <https://www.saveur.com/article/Recipes/Eastertide-Tart/>

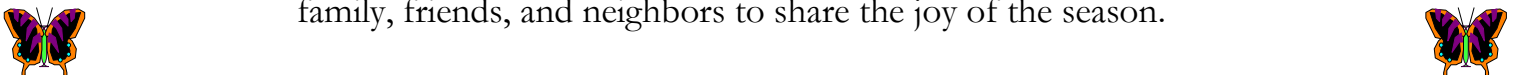
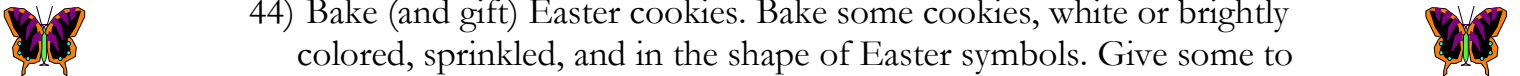




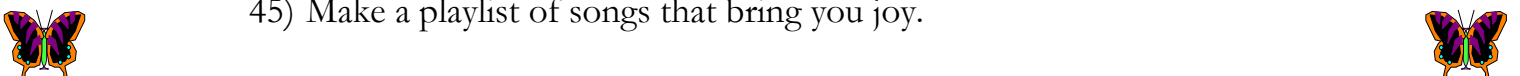
43) In Africa's churches, people decorate for Easter with handmade, colorfully patterned fabrics. People in Bermuda fly homemade kites to remember Jesus' ascension. Adopt one of these traditions or find other ways to rejoice in the season in your home. Decorate your house with the colors of Easter—white and yellow/gold. Consider a house blessing.



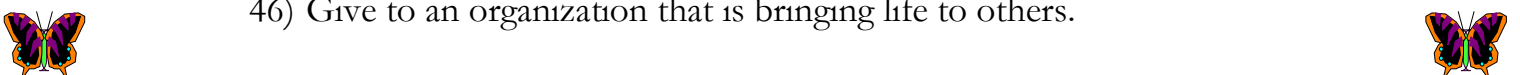
44) Bake (and gift) Easter cookies. Bake some cookies, white or brightly colored, sprinkled, and in the shape of Easter symbols. Give some to family, friends, and neighbors to share the joy of the season.



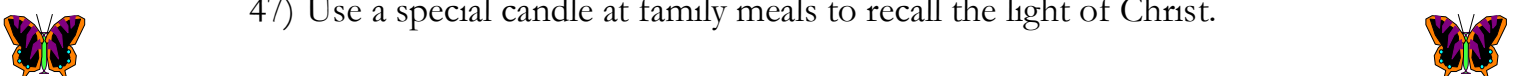
45) Make a playlist of songs that bring you joy.



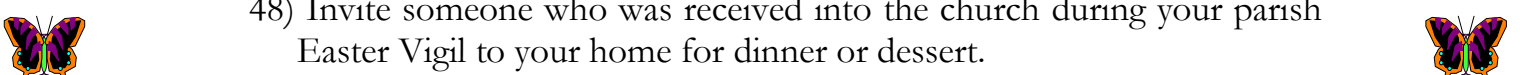
46) Give to an organization that is bringing life to others.



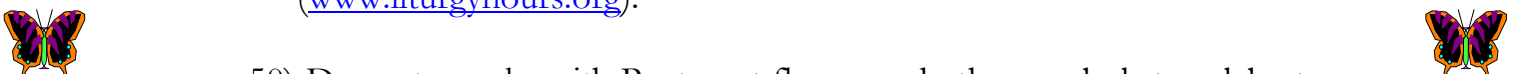
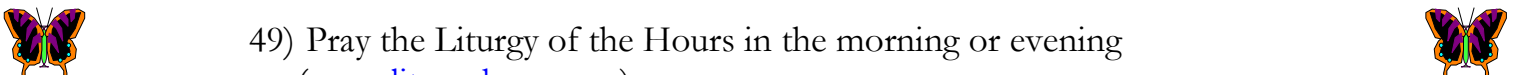
47) Use a special candle at family meals to recall the light of Christ.



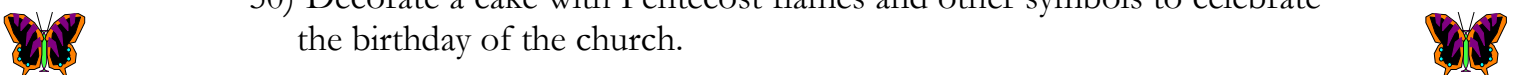
48) Invite someone who was received into the church during your parish Easter Vigil to your home for dinner or dessert.



49) Pray the Liturgy of the Hours in the morning or evening (www.liturgyhours.org).



50) Decorate a cake with Pentecost flames and other symbols to celebrate the birthday of the church.



Copyright © 2022 [Janet Schaeffler, OP]. All Rights Reserved.

www.janetschaeffler.com

