

## Blessing of Easter Food Baskets

Here at St. Robert's, the blessing of Easter food baskets is part of Morning Prayer service on Holy Saturday, April 20, at 9:00 am.

In many countries, particularly in Eastern Europe, it is traditional to prepare a basket of Easter foods to be blessed. Traditions vary among countries and families but the items chosen to place in the basket represent the foods that will be eaten during Easter Sunday celebrations, and most have additional symbolic meaning.

Here is an example of some of the things you might find in a basket for blessing:

- Horseradish – bitter herbs symbolic of the Passion and of our own hardships, transformed in the Resurrection; a connection was also made to the use of bitter herbs in the Passover Seder meal
- Butter – often in the shape of the Paschal Lamb; symbolic of the richness of our life in Christ.
- Parsley – used as a garnish; and again connects to one of the foods in the Passover Seder
- Bread – a symbol of the Eucharist, Jesus as the “bread of life.”
- Wine – a symbol of the celebration of Easter and a reminder of the bread and wine we share in the Eucharist
- Salt & Pepper – the seasonings of our life. An associated tradition is to throw a pinch of this salt over your shoulder as you re-enter your home, a blessing for good luck, health, and prosperity in the year to come.
- Decorated eggs – the more colorful the better! Symbol of new life and birth in the Resurrection.
- Kielbasa, sausage, or ham – represents abundance and God's generosity.
- Jellybeans – the sweetness and joy of the celebration.
- A Candle – Christ as the light of the world.
- The basket is always lined with white linen and often decorated with something colorful, like ribbon or flowers.

Try it out! Borrow the ideas above or start your own traditions. It's a great family connection and a wonderful way to take the blessings of Easter into your home. Hope to see you on Holy Saturday morning!