

IDEAS FOR THE EASTER SEASON

Easter is not just one day it's 50!

Easter is a time of joy and light for Christians, after the 40 days of Lent we have the 50 glorious days of Easter, lasting from Easter Sunday to Pentecost Sunday. Why not do some special things which add to your life and faith this Easter Season? Here are some ideas to help you.

- Visit a lovely place and simply sit there and thank God for beauty
- Have a small vase of flowers in a prominent place in your home
- Eat a small special piece of chocolate and savor the taste
- Read the account of Easter morning in John 20:1-18
- For a few days make a list of things you are grateful for
- Come to a weekday Mass in the Easter Season, each week if possible
- Take a 15-minute walk, carefully notice the things you see
- Give away something each day – a material thing, or a smile
- Make a chart of the 50 days of Easter and make some plans!
- Send some Easter cards with a greeting to some friends or distant family
- Place a lovely postcard you have received prominently in your home
- Read the story of the Road to Emmaus Luke 24:13-35
- Try to identify one place each day where you encountered Jesus
- Invite a friend for tea to your home, or to a café
- Look at old photographs of departed loved ones and give thanks
- Learn a new recipe for a simple cake and share a piece
- Give a donation for Easter flowers at Church to share their beauty
- In May, Mary's month, say the Rosary one day or more
- Support a local food bank and help feed children and families in need
- Plan a special Eastertime meal
- It's okay to have questions. Read about 'Doubting Thomas' John 20:24-29
- Plant a sunflower seed
- When you come to church make sure you have a time of quiet
- Give a small gift to say Thank You to someone
- Think of an Easter hymn or poem you like and read it
- Make an Easter gift, food or a card, say, and give it away
- Place a sign of Easter (flowers or a cross...) where you work
- Sort out, or put up, your bird feeder
- Sort out your clothes and give some to charity
- Give an Easter gift to a child you know
- Pray for joy, beauty and a spirit of love and generosity
- Read St Matthew's account of the Resurrection: Matthew 28