

Restore the Roots

Cultivating Your Domestic Church

A Liturgical Living Initiative of St. Joseph the Workman Cathedral, La Crosse, WI



Easter



The Church now sets the next 50 days apart to celebrate the Easter season. First with an octave—eight days celebrated as one day—the most celebratory time of the liturgical year! Then we celebrate on a lower key until Pentecost. Keep candy, chocolates and treats out for the entirety of Easter. Have Easter egg hunts now, in the proper season, for the kids. If you made a point to keep Lent solemn, make that same effort to keep the Easter season exceptionally joyful all the way to Pentecost!

ALLELUIA!

Did you bury an Alleluia before Lent? Dig it up and display it! *"We are an Easter people and 'Alleluia' is our song!"* (St. John Paul II)

Sacrifice Jar

Switch out all those sacrifice beans for jelly beans now. Every good dead gets a sweet reward!



Easter Greetings

The traditional greeting on Easter morning and throughout the entire Easter week is:

"He is risen" - "He is risen indeed!"

Say it in your house often and to friends and family during the whole season.

Paschal Candle



The Paschal Candle for the year is blessed at the Easter Vigil. You can make your own at home. There are kits you can buy, but you can also DIY it. Get a pillar candle and paint or draw a cross on it with "2025" written around it and an "A" and "Ω" above and below the cross. You can put some cloves in the ends of the cross. Light it during the Easter season, and throughout the year on Baptism, first Communion, or wedding anniversaries, or any other family feast days!

Divine Mercy Sunday

On the eighth day of Easter, concluding the Octave of Easter (but not the season!), is Divine Mercy Sunday. Attend an event today, go to confession and receive full remission of punishment of sin!



Ascension and Pentecost



Both of these amazing days will be highlighted more in the June issue. Look for more info then!

Dye Eggs



Did you know that Mary Magdalene is said to have had the first Easter Egg? Traditional stories say that she had an audience with Caesar after Jesus' Ascension. It was customary to bring a gift, so she brought an egg as a symbol of life. She proclaimed that "Jesus is alive!" Caesar said that it would be easier for that egg to turn red than for someone who was dead to be alive again. And as he said it, the egg turned blood red. Make sure to dye an egg red this year!

Regina Caeli - Queen of Heaven

The Regina Caeli is said throughout Eastertide in place of the Angelus at 6am, noon and 6pm. This Easter take time to say the Regina Caeli at any one of those times.

Queen of Heaven



V. Queen of Heaven, rejoice, alleluia.

R. For He whom you did merit to bear, alleluia.

V. Has risen, as he said, alleluia.

R. Pray for us to God, alleluia.

V. Rejoice and be glad, O Virgin Mary, alleluia.

R. For the Lord has truly risen, alleluia.

Let us pray. O God, who gave joy to the world through the resurrection of Thy Son, our Lord Jesus Christ, grant we beseech Thee, that through the intercession of the Virgin Mary, His Mother, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.



The Road to Emmaus

Take a walk during the Easter season. Jesus appeared to the disciples while they walked to Emmaus (Luke 24:13-35). Discuss the reading on your walk and how you would greet the Risen Lord, or if you are able to recognize Jesus in the world today.



Just like Christmas, we do not stop celebrating Easter once Easter Sunday has come and gone. Rather, the season continues all the way to Pentecost, 50 days later! The Octave (Easter Sunday through Divine Mercy Sunday the following

week) and subsequent Easter season prolongs the joy of glorified life and Christ's victory over sin and death. Alleluia! The feasting is punctuated with jelly beans, Peeps, and chocolate bunnies every day. Easter hymns every morning. Relaxation with family every afternoon. Daily Mass if you can.

In 2000, St. John Paul II declared the second Sunday of Easter to be Divine Mercy Sunday, named for the devotion popularized after Our Lord's apparitions to St. Maria Faustina Kowalska. The Holy Father sees mercy at the heart of the resurrection and the Easter season, relating in a homily, "Jesus said to Sr. Faustina one day: 'Humanity will never find peace until it turns with trust to Divine Mercy.' Divine Mercy! This is the Easter gift that the Church receives from the risen Christ and offers to humanity at the dawn of the third millennium."

Forty days after Easter marks the Ascension. Christ will come again, but now he precedes us into the Father's kingdom. Before going, he gives his disciples (and us) the Great Commission: "All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you; and behold, I am with you always, to the close of the age." But Easter is still not over! The Church is born when the disciples, scared and hiding in the Upper Room, receive the Holy Spirit at Pentecost. This 50th day is the culmination of Easter, when the Holy Spirit gave the disciples the strength to fulfill the Great Commission and preach Christ crucified, risen, and ascended. Next month we will reflect further upon the Solemnity of Pentecost.

There is an important difference between Christmas joy and Easter joy. One is fulfillment after long expectation; the other is reprieve from former suffering. One is strong, giddy delight; the other is a recovery from weakness, though perhaps as such more mature and peaceful. St. John Henry Newman describes Easter joy

beautifully when he writes, "At Christmas we joy with the natural, unmixed joy of children, but at Easter our joy is highly wrought and refined in its character. It is not the spontaneous and inartificial outbreak which the news of Redemption might occasion, but it is thoughtful; it has a long history before it, and has run through a long course of feelings before it becomes what it is. It is a last feeling and not a first. St. Paul describes its nature and its formation, when he says, 'Tribulation worketh patience, and patience experience, and experience hope; and hope maketh not ashamed, because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us.' And the prophet Isaiah, when he says, 'They joy before Thee according to the joy in harvest, and as men rejoice when they divide the spoil.' Our Lord Himself, the Captain of our salvation, was made perfect through sufferings. Accordingly, Christmas Day is ushered in with a time of awful expectation only, but Easter Day with the long fast of Lent, and the rigours of the Holy Week just past: and it springs out and is born of Good Friday.

On such a day, then, from the very intensity of joy which Christians ought to feel, and the trial which they have gone through, they will often be disposed to say little. Rather, like sick people convalescent, when the crisis is past, the illness over, but strength not yet come, they will go forth to the light of day and the freshness of the air, and silently sit down with great delight under the shadow of that Tree, whose fruit is sweet to their taste. They are disposed rather to muse and be at peace, than to use many words; for their joy has been so much the child of sorrow, is of so transmuted and complex a nature, so bound up with painful memories and sad associations, that though it is a joy only the greater from the contrast, it is not, cannot be, as if it had never been sorrow."

Let us rejoice throughout the Easter season! But let it be a mature joy, a sober joy, sitting under the shadow of the Cross, knowing that he who had no need to die died for us so that we, undeserving of life, may live forever. "I am the resurrection and the life," Jesus tells Martha. "He who believes in me, though he die, yet shall he live, and whoever lives and believes in me shall never die. Do you believe this?" May our response this Easter season be that of Martha: "Yes, Lord; I believe that you are the Christ, the Son of God, he who is coming into the world."

Rejoice **IN THE LORD!**