

Women of Faith Resources: Easter 2020

The Easter Season this Year

The 2020 Easter Season spans the weeks from Easter Sunday on April 12, 2020 to the Feast of Pentecost May 31, 2020. The Sunday accounts from the Gospel of John are filled with wonder and grace, with images and the language of poetry. But, the words of Jesus are heartfelt, strong, and invitations to draw closer to Him, to implore his merciful love, and to follow his commands as faithfully as grace leads us to so do. We might ask ourselves how do I speak and act like some of the people I meet in the Gospels? What questions is Jesus posing to me at this time in my life? The readings from the Acts of the Apostles during this season will also bring us into contact with main tenets and beliefs of a Christian lifestyle.

Among the people we'll meet during the weekday accounts are: Mary of Magdala meeting Jesus in the Garden; the disciples fishing and the picnic on the beach; Nicodemus being born again; the boy with the barley loaves and fish; the crowd seeking Jesus in Capernaum; Simon Peter's "Lord, to whom shall we go? You have the words of eternal life."; crowds of people looking for signs that Jesus is God; the Jews quarreling among themselves about Jesus; disciples rejecting Jesus and returning to a former way of life; Jesus washing the feet of His disciples; Philip's "Show us the Father"; Judas, not the Iscariot; Simon Peter's responses to Jesus' "Do you love me more than these?"

For daily readings go to the [website of the United States Conference of Catholic Bishops](#).

Some Practices for the Easter Season

- **Live with Joy:** "O, God, let all who take refuge in you be glad; let them ever sing for joy." Psalm 5:11 "And while the disciples (seeing Jesus) still did not believe it because of joy and amazement, he asked them, "Do you have anything here to eat?" Luke 24:41
 - Walk outside (wearing a mask) and notice the jonquils and daffodils, the forsythia, the blossoming trees – all life is budding and blooming. It is Resurrection time. Smile to nature and let nature smile back at you.
 - Bake cookies, cupcakes, or bread for a neighbor or a relative who is more shut-in than you at this time; or cook your favorite casserole for someone.
 - Offer to entertain your grandchildren or your neighbor's children for a few hours (maybe, bake with them)
 - Name persons in your prayer, asking God to grant them specific moments of joy.
 - Play joyful music and sing with it or dance to it.
 - Pray for joy and feel it in your senses, your thoughts, your entire being.

- **Live without Fear** – “We will not fear, though the earth gives way and the mountains fall into the heart of the sea.” Psalm 46:2 Jesus said to them, “Do not be afraid. Go and tell my brothers to go to Galilee; there they will see me.” Matthew 28:10
 - Do not be afraid: live with new eyes
 - Live in the present moment, letting new life well up from within you.
 - Let compassion fill your mind, heart, and soul as you become aware of the pain caused by the coronavirus in all parts of our world.
 - Connect with others via emails, snail mail, phone calls, and videoconferences to break through walls of separation and quarantine.
 - Count on trust and faith. We can and will get through this time together.
 - Find ways to be open to your imagination and creativity via art or poetry, giving space for the dynamics of Resurrection to break through.

- **Live with Hope** – “Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long.” Psalm 25:5 “In God’s name, the nations will put their hope.” Matthew 12:21
 - Count your blessings. Actually name them. Write them down. Create a gratitude journal and add to it daily.
 - Pray the Word. Find a Scripture verse that truly nourishes you. Memorize it. Meditate on it.
 - Look on yourself with goodness. Contemplate how you live faith, justice, and resilience, especially during these days.
 - In prayer, send thoughts of hope and love to specific persons, particular nations, to whoever springs into your heart and mind.
 - Ask yourself: If I could wake up tomorrow and live the reality of these days differently, what would that look like?
 - Set some realistic goals (physical, psychological, and spiritual) for yourself for the rest of the time of this pandemic.

Music for the Easter Season

It is a blessing to be living these days during the Easter Season. The music of this season is joyful and filled with hope. Find some of your favorite music for this season, spiritual or religious music and secular music. Here are some possible options:

[Coro Virtuale - Virtual Choir: True Colors - Camden Voices](#) (self-isolation/virtual choir cover)

[25 Awesome Easter Hymns](#)

[Here Comes Peter Cottontail | Easter Song for Kids | Bunny Song | The Kiboomers](#)

[Beautiful Easter Choral Music](#)

[Worldwide Easter Virtual Choir singing Christ the Lord Is Risen Today](#), written by Charles Wesley in 1739.

Art for the Easter Season



<https://thetablet.org/thousands-of-new-catholics-expected-to-join-church-at-easter-vigil/>

As you gaze at the photo above, recall Easter Vigils where you were holding the Easter taper with all the other people at this service. Imagine how these lights glowed in the darkness of the night and how you felt in that moment.

The Easter Vigil celebrates light, Jesus, our Light. During this Easter Season, perhaps you might display a special candle in your home to remember that our Risen Christ is our Light.



<https://www.osvnews.com/2020/03/30/playlists-for-holy-Thursday-good-Friday-and-easter/>

Easter music makes the strings of our hearts vibrate. Easter music echoes Joy, Celebration, and Amazing Grace. Go back to the music section, play some religious music, and let the music lead you into some moments of deep, abiding faith, hope, and love.



https://www.pinterest.com/pin/533606255822123559/?nic_v1=IarWojlX6Kd3gWq9I5aK82uHxxypzgBmtAliaE1jcEOzpPm%2FWWhVz26FrUxDWkFgHsk

We have been living weeks of possible Covid19 contagion. Let us envision a different contagion, a contagion of Hope. If you sense Hope, catch it and spread it along your pathways. Spend some moments imagining what your environment would be like if Hope, when present, were spread and caught.

Websites for the Easter Season

Easter and the Easter Season are celebrated in a variety of ways the world over. Go to the following websites to learn more.

[9 Fascinating Easter Traditions from around the World](#)

[7 Fascinating Easter Traditions around the World](#)

[14 of the Most Interesting Easter Traditions from around the World](#)

Videos on Easter Traditions

[An Easter Celebration: Traditions and Customs from Around the World](#)

This video, for children and adults alike, combines symbols, stories of animals, flowers, days, and much more.

[Flying Bells! How France celebrates Easter](#)

[Rick Steves' European Easter: Greek Orthodox Celebrations](#)

[Rick Steves' European Easter: Sevilla's Semana Santa](#)

Films for the Easter Season

The Gospel of John- The Gospel of John is a 2003 film that is the story of Jesus' life as recounted by the Gospel of John. It is a motion picture that has been adapted for the screen on a word-for-word basis from the American Bible Society's Good News Bible. This three-hour epic feature film follows John's Gospel precisely, without additions to the story from other Gospels, or omission of complex passages.

For movie buffs, go to: [The Twenty Best Movies to Watch This Spring](#)



We stand together near or from afar, masked, or quarantined and gathering as Women of Faith

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