



ST. BRIDGET CATHOLIC CHURCH



2025 Easter Basket Blessing

The tradition of an Easter blessing for foods like those listed below dates from the 12th Century in Eastern Europe. Easter, the day when Christ arose and fasting ended, was greeted with great joy. The Church gave thanks by seeking a blessing for their holiday feast.

Baskets containing a sampling of Easter foods can be brought to the church to be blessed on **Holy Saturday, April 19th following 8 a.m. Morning Prayer.** We encourage your family to have fun with the decoration of the basket, whether with traditional crisp white linens, boxwood evergreens, and ribbons woven around the handle, or your family's own flair.

Bring a taste of each food for all to enjoy at your Easter feast! Below are symbolic foods and other items we invite you to include:

BUTTER: Often shaped like a lamb symbolic of the Pascal Lamb with the Easter banner of white with a red cross or with cloves in the shape of a cross, reminding us of the goodness of Christ. *(in RVA Wegmans & Publix usually carry the lamb butter or you can order a mold online and make your own.)*

BREAD: Traditionally a braided loaf (chalka) in the shape of a wreath with colored eggs or a loaf topped with a cross, representing Christ's gift of Himself in our "daily bread."

COLORED EGGS: (or white hard boiled) representing hope, new life and Christ's resurrection.

HAM: The contemporary choice of meat, while lamb, sausage, and bacon are traditional. Sausage links are historically symbolic of the chains of death that Christ broke.

HORSERADISH: Symbolizing the bitterness of the Passion of Jesus.

VINEGAR: Representing the sour wine given to Jesus on the Cross.

CANDLE: Often marked like the Paschal Candle that is lit during the Easter Vigil, representing Christ as the light of the world. Some use their baptismal candle. *(2025 stickers can be ordered-Etsy)*

SALT: A small amount represents the Christian call to be the "salt of the earth" to others.

SWEETS: Easter Candy, cookies, and other delectables remind us of the promise of eternal life and good things to come.

WINE: Symbolic of the Blood of Christ.

CHEESE: Represents the moderation of Christians.

HOLY WATER: To bless your home, pets, friends and family at your Easter meal and used in prayer throughout the year.