

**EASTER**

# INFORMATION ABOUT EASTER



**Easter**, also called **Pascha** or **Resurrection Sunday**, is a festival and holiday celebrating the resurrection of Jesus from the dead, described in the New Testament as having occurred on the third day of his burial after his crucifixion by the Romans at Calvary c. 30 AD. It is the culmination of the Passion of Jesus, preceded by Lent (or Great Lent), a forty-day period of fasting, prayer, and penance.

# HOLY WEEK-WHAT DOES IT MEAN?

Most Christians refer to the week before Easter as "Holy Week"—it contains the days of the Easter Triduum, including Maundy Thursday, commemorating the Maundy and Last Supper, as well as Good Friday, commemorating the crucifixion and death of Jesus. In Western Christianity, Eastertide, or the Easter Season, begins on Easter Sunday and lasts seven weeks, ending with the coming of the fiftieth day, Pentecost Sunday. In Eastern Christianity, the season of Pascha begins on Pascha and ends with the coming of the fortieth day, the Feast of the Ascension.

# EASTER IN PRESENT

Easter and the holidays that are related to it are *moveable feasts* which do not fall on a fixed date in the Gregorian or Julian calendars which follow only the cycle of the sun; rather, its date is determined on a lunisolar calendar similar to the Hebrew calendar. The First Council of Nicaea (325) established two rules, independence of the Jewish calendar and worldwide uniformity, which were the only rules for Easter explicitly laid down by the council. No details for the computation were specified; these were worked out in practice, a process that took centuries and generated a number of controversies. It has come to be the first Sunday after the ecclesiastical full moon that occurs on or soonest after 21 March, but calculations vary.





# EASTER IN POLAND



**Poland has a series of unique rituals connected to Easter, ranging from joyful to spiritual, and of course always including plenty of homemade delicacies.**

Before easter we always do spring cleaning and we paint eggs. Next in last Sunday before easter we are making palms. They are made from willow twigs, decorated with boxwood and flowers. Once upon a time, the lighted palemka struck lightly with each of the household members. Then it was placed behind the picture or over the door. It was supposed to protect against storms and fire. This day is called „Palm Sunday”. On Thursday, the Passover Triduum begins. All the objects disappear from the altar, and the bells are silent until the resurrection. Then on Good Friday, the Way of the Cross takes place, in which the body of Christ is made to the grave. This is a strict post.

Decorated boxwood baskets should include:

- lamb - a symbol of the risen Jesus
- Eggs - a symbol of the birth of life
- bread - a symbol of the body of Christ, prosperity and prosperity
- horseradish - a symbol of the Passion of the Lord
- salt - essence of truth
- cheese - the symbol of human reconciliation with nature

# EASTER FOR ATHEIST'S

For atheist's it's not like a usual free day because it's holyday atmosphere and people are organising very nice games for kids and even for adults.



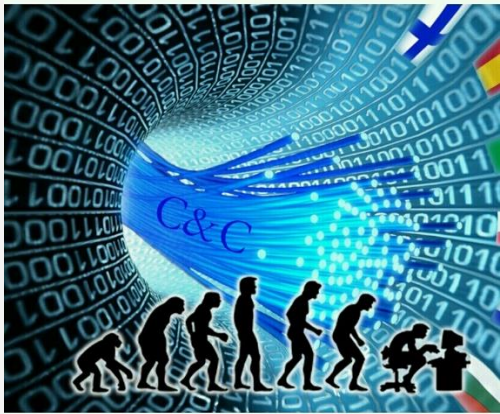
# TRADITIONAL EASTER GAMES AND CUSTOMS

There are a large number of traditional Easter games and customs in the Christian world. Many of these games incorporate Easter eggs. Although adopted into the Christian tradition of Easter, these games are probably based in ancient fertility cults (this is a classic example of syncretism).

There are some of them:

- Egg hunt** is a kind of treasure hunt game: children have to collect as many hidden eggs as possible.
- Egg tapping** is a contest for the hardest egg: the contestants tap each other's eggs with egg tips and optionally with other parts: "butts" or sides.
- In our country there is a tradition of sprinkling girls and women with water and spanking them with "**Easter switches**". The switches are made of willow rods decorated with color ribbons. The Polish tradition is called "**Śmigus-Dyngus**", and is a tradition, that goes back to the Middle Ages. In the Czech Republic, such a switch is called pomlázka meaning "rejuvenator", implying that a female struck by a pomlázka will become younger and prettier.





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