



# *Easter Basket Food Blessing*

*Saint Mary's Immaculate Conception Parish*

*Holy Saturday - April 20, 2019*

*10:00am: Mid-Morning Prayer*

*followed by blessing of Easter Food Baskets*

The traditional blessing of Easter food, or Easter baskets, goes back centuries originating in Eastern Europe. After several weeks of abstaining during Lent from meats, eggs, cheeses and other foods, there was great joy in breaking the Lenten fast at Easter in celebration of the Resurrection. Therefore it became very important to bring a sampling of the upcoming Easter feast, in a beautifully decorated basket, to the parish church on Holy Saturday morning so that the priest could bless the food. The custom continues to this day in many parishes. Families bring to the church some of the items they will eat the next day at Easter (including candy in our country), and receive the blessing from the priest for their food and for their family. The items these days do not have to be the traditional foods of the old Easter table. They can simply be a collection of food items that are special to the family at Easter, and that break the long fast of Lent with true celebration.