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St. Hilary Blessing of Food Baskets

Holy Saturday, April 3, 2021

2:00 pm in the Church

The blessing of Easter baskets filled with food has long been a custom in many churches. It is seen as an opportunity to feel relief from the fasting of Lent, as an outward sign of spiritual joy, and to strengthen the faith in the Resurrection.

Start with a straw basket. It does not have to be elaborate; however, it may become a family heirloom. Fill it with traditional foods and cover with a white cloth.

1. Eggs: five or six colored, hardboiled eggs, representing the glory of the Resurrection.
2. Butter: just a pat, or a stick, representing the Innocent Victim.
3. Bread: small loaf of round bread, usually with a braided top, representing the staff of life, the braid representing the Cross of Christ.
4. Salt: represents the Truth of His Message.
5. Vinegar, horseradish or sour cream: recalls the gall given to our Lord as He cried out, “I thirst!”
6. Meat: ham, veal, sausage or lamb, representing the ‘means of survival.’
7. Cheese: represents the old custom of abstaining from dairy products on certain days of Lent.

