EASTERTRADITIONS

The originsÉ

_ent

40-day period before Easter during which some Christians fast or give up something they enjoy. Roman Catholic tradition Protestant tradition Some people give up eating Some people give up

meat, for instance.

Some people give up something they consider a vice, like fast food or cable TV.

Shrove Tuesday

The day before Lent starts. The tradition is to use all the fat foods in the kitchen before Lent begins, and they can no longer be eaten. Great Britain North America

- It is called Pancake Day because it is traditional to eat pancakes to use the fat foods in the kitchen.

Some people do pancake
races: they run and toss the
pancakes in a frying pan
without dropping them.
Video

- It is called Mardi Gras and it is traditional to celebrate a carnival in New Orleans. - Traditionally, carnival was a time of eating, drinking and fun before Lent. - In New Orleans they have celebrations and parades with amazing costumes. -Video

Other Easter-related terns

- Easter: named after the Anglo-Saxon goddess *Eostre* (related to new beginnings, spring and fertility).
- Ash Wednesday: the first day of Lent, after Shrove Tuesday.
- Holy week: the week before Easter
 - Palm Sunday: Sunday before Easter
 - Maundy Thursday
 - Good Friday
 - Holy Saturday
- Easter Sunday
- Easter Monday: another public holiday in the UK, without much religious significance, so people practice other secular traditions.

Have you ever wondered why we use these symbols?

THE EGG



 symbol of fertility and life , so it celebrates the new life that came to Jesus when he resurrected.

 given as a welcome gift, as it was forbidden during Lent.

Some egg cust ons É

PACE EGG NG



 painting the shells of hard-boiled eggs in bright colours, to represent the sunlight of spring.

 origins of colouring eggs: this practice was made popular by King Edward I of England, who ordered 450 eggs to be decorated as Easter gifts.

EGG ROLLI NG



- the idea is to see who can roll the egg the longest distance, without breaking it, or it is rolled between two pegs, usually down a hillside or slope.
- the Christian church managed to adapt this pagan ritual by explaining that it represented the rolling away of the tomb where Christ had been buried.

Video

EGG TAPPI NG



you have to tap you opponent's egg until it breaks. The winner goes through to the next round, and so until there is only one egg left unbroken.

 some people have competitions in houses and pubs, exchanging quite a bit of money and can get very competitive.

EASTER EGG HINT



more common in the US.

- decorated on Saturday evening and given on Sunday.
- children search to find the eggs that the Easter bunny has hidden around the house while they were asleep.
- Video

CHOOLATE EGGS



- more common in the UK.
- people simply exchange them as gifts.
- as chocolate became more widespread in the 20th century, a chocolate version of the traditional painted egg was developed.
- these eggs can be hollow or have a filling.
- around 80 million chocolate eggs are eaten each year in Britain.

THE EASTER BUNNY AND BASKET

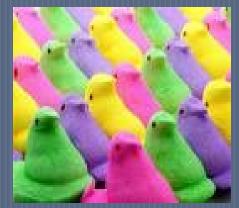


- rabbits were the most fertile animals known and were symbols of new life.
 - as an Easter symbol it originated in Germany, and so was brought by German settlers to America.
 - according to a German legend, a white hare would leave Easter baskets filled with candies, brightly coloured eggs and other sweets for kids .
- it's more typical in America and has only recently arrived in Britain.

OTHER SYMBOLS (US) É



 the Easter lily: symbolizing the values of purity, life and renewal.



 the Easter peeps: sweet marshmallow candy shaped like a chick or bunny.

And finally, some other traditionsÉ

Morris dancing



- traditional form of English folk dance.
- men dance through the streets carrying a stick or a handkerchief.
- Video

Easter bonnet parade



 Easter was a traditional day to get married, so people wore new clothes, shoes, hats and ribbons.

 today there are parades in London and especially in New York.

Video

The Cerenony of Royal Naundy



 traditional in the UK, held by Queen Elizabeth.

 money is distributed to senior citizens (a man and a woman) to thank them for their service to the community.

Religious cerenonies





sunrise service: held on
 Easter Sunday on a hillside
 so everyone can see the
 sunrise.

 Easter vigil: lighting a fire outside a church in the early Sunday morning.

And finally, some typical foodsÉ

Easter Sunday nenu



breakfast: boiled eggs

 lunch: roast lamb, mint sauce and vegetables.

 dessert: Easter nests and biscuits, Simnel cake and hot cross buns.

Sinnel cake

 Simnel cake: a rich fruitcake covered with a thick layer of marzipan. Eleven balls of marzipan represent the eleven true disciples (excluding Judas).

 The legend says it was first made by a couple named Simon and Nelly.



Hot cross buns



- served on Good Friday.
- small sweet buns with a cross on top made of sugar icing.
- the pagan tradition says they represent the moon divided into four quarters.
- the Christian tradition says they represent Jesus' death on the cross.
- "Hot cross buns, hot cross buns, one a penny, two a penny, hot cross buns.
 - If you do not like them, give them to your sons, one a penny, two a penny, hot cross buns."