

2024

A MULTICULTURAL GUIDE
TO LITURGICAL LIVING

Easter

The Octave of Easter

The Office of Multicultural Ministries
Catholic Diocese of Arlington



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Christ is Risen , He is Risen Indeed

A note from the author

You've heard the quote, often attributed to St. Pope John Paul II, "We are an Easter People and Alleluia is our song!"

To me, this is an invitation to live out every day as a celebration of Easter, a reminder that we are Christians with a living God and that Christ defeated death! This isn't some passive thing, it's something to live out with great intention. This intentional kind of living is one of the motivating factors behind creating guidebooks such as this. I've loved the research and finding different traditions from around the world, inquiring with those I work alongside to share their customs, celebrations, and recipes, *but...*

...there is something so beautiful about our unity. WE are an Easter People. Alleluia is OUR song. We are all called to rejoice in this glorious occasion! While I hope you will flip through this book and embrace a few new-to-you traditions during the Easter Octave and beyond, there is one small (*and super easy*) one I am requesting you to start with: embrace the Paschal Greeting, "*Christ is risen! He is risen, indeed!*" This custom has not been forgotten by Eastern Christians, but maybe isn't as common for many of us in the Arlington Diocese.

The first person proclaims: "Christ is risen!"

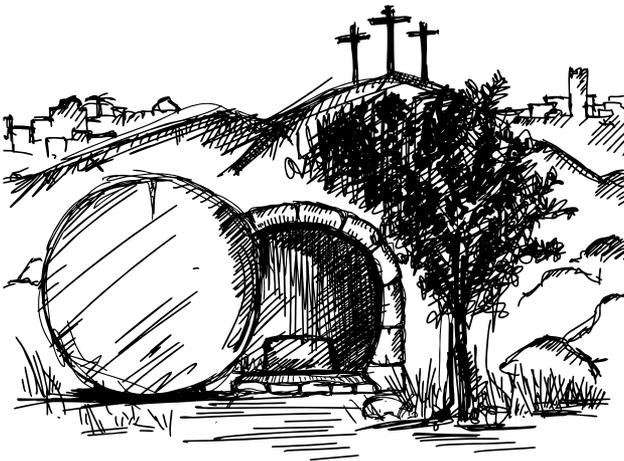
The response: "He is risen, indeed!"

Make this your new "Hello" during the Easter Season as a daily reminder that we are an Easter People.

By Bridget Wilson, Director of Multicultural Ministries

What is Easter?

The season of Easter is the most important of all liturgical times, which Catholics celebrate as the Lord's resurrection from the dead, culminating in his Ascension to the Father and sending of the Holy Spirit upon the Church. The octave of Easter comprises the eight days which stretch from the first to the second Sunday. It is a way of prolonging the joy of the initial day. There are 50 days of Easter from the first Sunday to Pentecost. It is characterized, above all, by the joy of glorified life and the victory over death expressed most fully in the great resounding cry of the Christian: Alleluia! All faith flows from faith in the resurrection: "If Christ has not been raised, then empty is our preaching; empty, too, is your faith." (1 Cor 15:14)



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Read More Here:

<https://www.usccb.org/prayer-worship/liturgical-year/easter>

Via Lucis: Stations of Light

You've heard of the Stations of the Cross, a beautiful Lenten devotion focusing on the Lord's Passion and Crucifixion. Did you know there is another devotion intended to be meditated on during the Easter season? *Via Lucis*, also called "Stations of Light" and "Stations of the Resurrection", is a devotional practice focusing on the events that *followed* the Resurrection through to Pentecost.

Add this devotional to your daily or weekly practices. If you wish, you can listen to the audio version produced by FORMED by scanning the QR code below:



If you prefer a written version, Catholic News Agency has it available here:



Day One: Easter Sunday

Today is Easter Sunday, celebrated by Christians around the world. If you are looking for new ideas to add to your celebration, there are many wonderful traditions to embrace. Some examples:

- Make Hot Cross Buns, especially popular in Australia, New Zealand, Ireland and the United Kingdom, and even found in India and Pakistan. The cross on the bun is, of course, symbolic of the cross Jesus died on. The spices in the bun resemble the spices used to embalm Jesus, and the orange peel (sometimes included) represents the bitterness of the Cross.

- In the Philippines, they celebrate “Salubong”, reenacting the encounter of Jesus and Mary on Easter morning. The Diocese of Arlington is hosting their first “Salubong” Easter morning at Christ the Redeemer in Sterling. [Find out more.](#)

- In Germany, they have the “Osterbaum” - an Easter Egg Tree - and you can make one yourself for a centerpiece! Gather up branches outside, or purchase some (real or fake) and hang Easter Eggs from it using string. You can use plastic eggs, or more elaborate, decorated eggs.

- You can combine the Ukrainian tradition of “Pysanky Eggs” with your Osterbaum! These highly decorative eggs usually consist of some variation of dye and wax, but you can simplify the process for little ones using papier-mâché craft eggs (found at craft stores) and crayons.

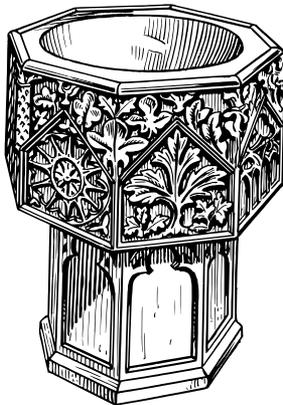
- In France, they have a legend that their church bells “fly” to the Vatican carrying the grief of those mourning the resurrection, and as they fly they drop eggs! The bells are blessed by the Pope, then return to their homes to joyfully ring out celebrating Jesus’s Resurrection. Then, children go and collect the eggs scattered about.

Other ways you can celebrate:

- Make a big family meal. Popular dishes include lamb or a baked ham, but you can make anything festive. This may be a good time to try out one of the recipes in the “recipes” section of this guidebook!

- Decorate with festive flowers, particularly lilies, whose trumpet shape symbolizes Christ’s triumph over death, and whose white color represents purity. Other flowers like irises (symbolizing royalty), tulips (symbolizing belief and forgiveness), orchids (love), lily of the valley (purity), baby’s breath (innocence and purity), or daisies (hope) also work. Let the flowers be a reminder of Christ’s Resurrection throughout the Octave.

- One forgotten tradition dating from the Middle Ages is to wear new clothes on Easter Sunday. This is in solidarity with the newly baptized entering the Church during the Easter Vigil, who would have worn brand new clothes to symbolize their new life as Christians. It may not be practical to adorn yourself or your whole family head to toe in new clothing, but a new scarf or a fresh pair of socks can still be a practical reminder that we are born anew!



Day Two: Monday in the Octave of Easter

Feast day of Blessed Anacleto González Flores, from Mexico. He was born in 1888, died in 1927 and was beatified in 2005. One of twelve children, he was incredibly active in parish life and even briefly considered the call to the priesthood. He attended Mass daily, and visited prisoners in jail, teaching the Catechism of the Catholic Church. During a time of political persecution in Mexico, he diligently supported the Church, calling on Catholics to resist the persecution and was public in his opposition to the current regime. Seeking to crush his rebellion, he was framed for the murder of an American, and was tortured and executed for this crime. He was exonerated, but unfortunately not in time to stay the execution. A film titled “For Greater Glory” was made about this conflict and features Blessed Anacleto González Flores. (*Note: This is not an endorsement of the film.*)

Today, pray for his cause for canonization, and offer up prayers for our country that we may always be free to worship and embrace our Catholic identity.

Easter traditions on the First Monday of Easter include:

- The “Emmaus Walk” is an intentional venture into nature, where one spends time in contemplative pray and/or song. In Germany, this is called Emmausgang. It symbolizes the walk to Emmaus in the Gospel of Luke, where Jesus appeared to two disciples walking from Jerusalem to Emmaus.

- Outdoor picnics are also traditional on Easter Monday around the world. Consider combining a walk and a picnic!



Day Three: Tuesday in the Octave of Easter

Feast day of St. Pedro Calungsod, from the Philippines. He was a missionary catechist who suffered persecution and martyrdom alongside Jesuit Missionaries in Guam at the age of 17. Known better among Filipino Catholics as “San” Pedro Calungsod, he is one of only two canonized saints from the very Catholic nation, but there are plenty more with their causes open.

The Diocese of Arlington has an active and thriving Filipino Catholic Community. To learn more about them click [here](#) or attend the monthly “Filipino Mass”, every third Sunday at St. Bernadette Catholic Church in Springfield. Mass begins at 7:00 PM. All are welcome!



Day Four: Wednesday in the Octave of Easter

We are one week out from “Holy Wednesday” or “Spy Wednesday” when we recall the bargain made by Judas to betray Jesus for a mere bag of silver. But now, *this* Wednesday means something different, as Christ has made all things new since His Resurrection on Easter Sunday. Today, consider the following:

- Pray for those who have turned, out of fear, from the loving embrace of Jesus. Remind them of the Sacrament of Reconciliation. If you have not been to confession recently, try to find time to make use of the sacrament yourself.
- You can “return” the silver that tempted Judas by making a donation to a local charity. Contact your parish for suggestions, or make a one-time gift to Catholic Charities.

Day Five: Thursday in the Octave of Easter

Feast day of St. Benedict the Moor, sometimes called St. Benedict the African, who was born in Italy but of African descent. His parents were enslaved and brought over to Italy, and accounts vary on whether St. Benedict was born free or was freed as a teenager. In any case, he was drawn to the life of a hermit, and as they followed the Rule of Saint Francis, he became a First Order Franciscan. Although he was only a brother, he became the guardian of the friars for a term and then worked in the friary kitchen. He was known for his holiness, humility and charity, and was resilient in fasting and prayer. He died in 1589 and three years later his body was discovered as incorrupt. He was canonized in 1807, and made the patron of African missions, Black Missions and African Americans.



Did you know the Diocese of Arlington has several Catholic communities under the Black and African Diaspora, including:

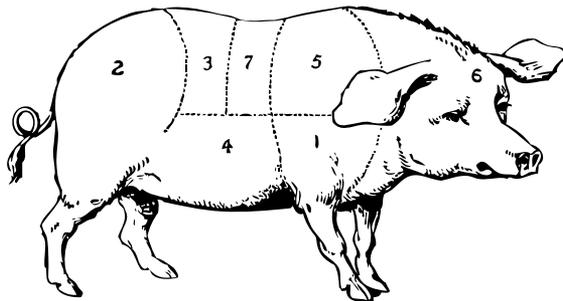
- Black Catholic Ministry
- Cameroon Catholic Community
- Eritrean Ge'ez Rite Community
- Ghanaian Catholic Community

You can find out more about these communities and get involved [here](#).

Day Six: Friday in the Octave of Easter

On a typical Friday (not just during Lent!) Catholics are asked to abstain from meat as a form of penance. But good news for those craving some bacon: the first Friday of Easter is a “Meat Friday” so enjoy! During this Octave of Easter we are encouraged to celebrate and that means feasting! Maybe you want to try out one of the recipes submitted from members of various cultures within the Diocese of Arlington (find the links to these in the “recipe” section of the guidebook):

- *Bulgogi* (Korean BBQ with beef) submitted by Yoonhee Kim, St. Paul Chung Catholic Church.
- “*Killer*” *Pork Adobo* (Filipino pork, often served with rice) submitted by Shirley Delmundo, St. James Catholic Church.
- *Arroz con Pollo* (a Nicaraguan take on rice and chicken casserole) submitted by Cristina Keating, St. Joseph Catholic Church (Herndon).



Day Seven: Saturday in the Octave of Easter

Feast of St. Paul Le-Boa Tinh of Vietnam. He was a convert to Catholicism and ordained a priest, and is one the Holy Martyrs of Vietnam (as a group, their feast day is November 24) who died in 1857. He was canonized by St. Pope John Paul II in 1988. St. Paul was known to be studious, and in the midst of his persecution and imprisonment, wrote letters that revealed his incredible faith and love of God.

Today, the Diocese of Arlington will ordain twelve seminarians to the transitional diaconate, meaning that, God-willing, they will be ordained priests in the coming year. In honor of St. Paul Tinh, ask for his intercession, that these men will find the same faith, trust, and hope in Christ that St. Paul Tinh had in spite of great hardships.

You are encouraged to watch the livestream of the diaconate ordinations here:



Learn more about the men to be ordained here:
www.arlingtondiocese.org/ordinations

Day Eight: the Second Sunday of Easter

Divine Mercy Sunday

The Second Sunday of Easter is known as Divine Mercy Sunday. St. Faustina, a Polish nun, in the 1930s, recorded 14 occasions in her diary where Jesus requested this feast day:

My daughter, tell the whole world about My inconceivable mercy. I desire that the Feast of Mercy be a refuge and shelter for all souls, and especially for poor sinners. On that day the very depths of My tender mercy are open. I pour out a whole ocean of graces upon those souls who approach the Fount of My mercy. The soul that will go to Confession and receive Holy Communion shall obtain complete forgiveness of sins and punishment. ... Let no soul fear to draw near to Me. ... It is My desire that it be solemnly celebrated on the first Sunday after Easter. Mankind will not have peace until it turns to the Fount of My Mercy.

—St. Faustina, Diary, no. 699

Jesus appeared to St. Faustina in a vision, his right hand on his Sacred Heart, with red and white (also depicted as pale blue) rays streaming from it, symbolizing the blood and water that poured from it at the time of His Crucifixion. He requested that his image be painted to be venerated all over the world. He encouraged her to share the “Chaplet of Divine Mercy” that he had given her in one of these visions.

Five days after her canonization on May 5, 2000, by St. Pope John Paul II, the Vatican decreed that the Second Sunday of Easter would indeed be known as Divine Mercy Sunday.

The Divine Mercy Novena begins on Good Friday. You can find information on this novena and how to pray it via EWTN:



Learn how to pray the Divine Mercy Chaplet, which can be prayed on rosary beads, here:



Be sure to fulfill your Sunday Mass obligation today, and in addition to that, consider adding in a Holy Hour with the intention to pray the Chaplet of Divine Mercy. Your parish may even have the Image of the Divine Mercy displayed that you can meditate on.

You may also opt to find a copy of St. Faustina's diary, called *Diary of Saint Maria Faustina Kowalska - Divine Mercy in My Soul* and learn more about this devotion and the story behind the famous image.

You can incorporate other simple traditions into the day, including wearing the colors red, white and blue, eating Polish food, or enjoying desserts like heart-shaped cookies or "Divine Mercy Sundaes" with red and blue berries or sprinkles atop vanilla ice cream.



Regina Caeli

In place of the Angelus during the Easter Season, the Regina Caeli, one of four Marian Antiphons, is recited in the morning, at noon, and in the evening, typically before bed.



English: Queen of Heaven

- V. Queen of Heaven, rejoice, alleluia.
R. For He whom you did merit to bear, alleluia.
V. Has risen, as he said, alleluia.
R. Pray for us to God, alleluia.
V. Rejoice and be glad, O Virgin Mary, alleluia.
R. For the Lord has truly risen, alleluia.

Let us pray. O God, who gave joy to the world through the resurrection of Thy Son, our Lord Jesus Christ, grant we beseech Thee, that through the intercession of the Virgin Mary, His Mother, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.

Latin: Regina caeli

- V. Regina caeli, laetare, alleluia.
R. Quia quem meruisti portare, alleluia.
V. Resurrexit, sicut dixit, alleluia.
R. Ora pro nobis Deum, alleluia.
V. Gaude et laetare, Virgo Maria, alleluia.
R. Quia surrexit Dominus vere, alleluia.

Oremus. Deus, qui per resurrectionem Filii tui, Domini nostri Iesu Christi, mundum laetificare dignatus es: praesta, quaesumus; ut per eius Genetricem Virginem Mariam, perpetuae capiamus gaudia vitae. Per eundem Christum Dominum nostrum. Amen.

RECIPES

All recipes included in the guidebook were submitted by the individual and used with permission to appear in the Diocesan cookbook, *Gather At the Table: Multicultural Cooking for Liturgical Living*. Inclusion in this guidebook is intended for promotional purposes.

To access the recipes and learn more about the cookbook project, scan the QR code below:





AT A GLANCE

Feast Day Calendar



March 31

Easter Sunday

April 1

Bl. Anacleto González Flores (Mexico)

April 2

St. Pedro Calungsod (Philippines)

April 4

St. Benedict the Moor (Italy, Africa)
St. Isidore of Seville (Spain)

April 6

St. Paul Tinh (Vietnam)

April 7

Divine Mercy Sunday

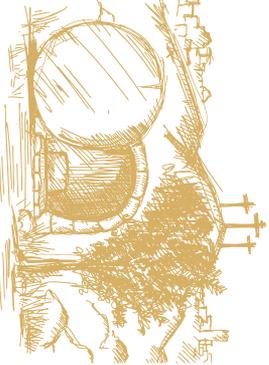
St. John Baptist de la Salle (France)

This is not an exhaustive list of all feast days during the Easter Octave, nor are all the feast days listed on this calendar expanded upon within this guidebook.

We encourage you to research these saints and other feast days, and if any saint resonates with you, to learn more about him or her and determine ways your household can celebrate.

THE OCTAVE OF EASTER 2024

MARCH 31 - APRIL 7

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>EASTER SUNDAY</p> <p>31</p>	<p>1</p> <p>Bl. Anacleto Gonzalez Flores</p>	<p>2</p> <p>St. Pedro Calungsod</p>	<p>3</p>	<p>4</p> <p>St. Benedict the Moor St. Isidore of Seville</p>	<p>5</p>	<p>6</p> <p>St. Paul Trinh</p>
<p>DIVINE MERCY SUNDAY</p>  <p>St. John Baptist de la Salle</p> <p>7</p>	<p>EASTER SEASON CONTINUES THROUGH TO PENTECOST, MAY 19, 2024</p> 					



DIOCESE OF
ARLINGTON

JUBILEE FEST

A stylized sun icon with a crescent moon and radiating lines, positioned to the right of the text.

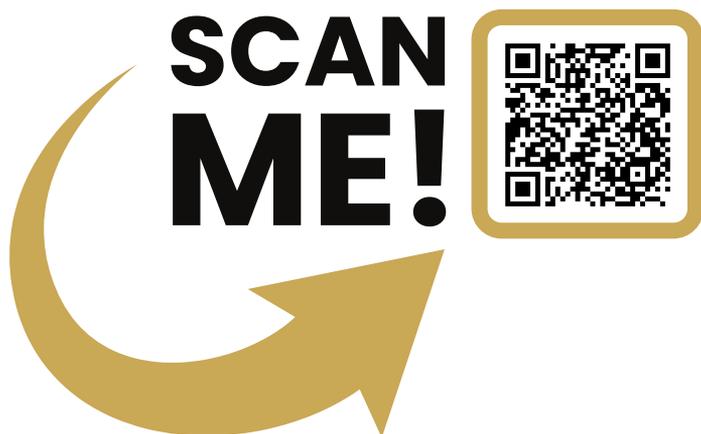
SATURDAY, JUNE 8, 2024

Bishop Burbidge invites you to the Diocesan Jubilee Fest at Warren County Fairgrounds in Front Royal, Virginia on Saturday, June 8, 2024! Celebrate the 50th anniversary of the Diocese of Arlington with your parish family and thousands of faithful from across northern Virginia.

Kick off the festival giving thanks to God with the celebration of the Holy Sacrifice of the Mass, celebrated by Bishop Burbidge. Following Mass, enjoy live music by headliners Soul/Gospel Indie artist Jervis Campbell & Celtic rock band, Scythian.

THIS IS A FREE EVENT FOR ALL AGES!

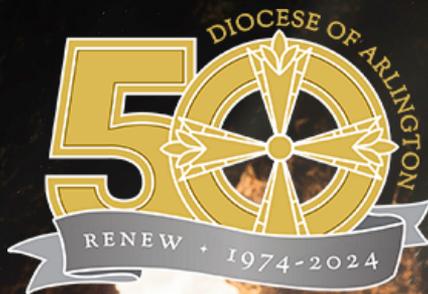
Registration required to receive a complimentary meal.



Are we missing anything?

Contact us and let us know if we can include your traditions, recipes and/or parish, ministry, and/or school events and initiatives in future guidebooks!

Email us at mcm@arlingtondiocese.org



This guidebook is project of the Diocese of Arlington's Golden Jubilee, Multicultural Sub-Committee.

If you would like your seasonal and cultural events, traditions, feasts, or more, included in future booklets please reach out to us at:
mcm@arlingtondiocese.org

For more guidebooks, scan the QR Code
or visit
www.arlingtondiocese.org/multicultural

