

# ST. FRANCIS POLISH NATIONAL CATHOLIC CHURCH

*Lord, make me an instrument of your peace! — St. Francis*

1752 Harton Avenue • East Meadow, NY 11554

Father Andrew Koterba, Pastor • 516-794-5189 • [www.StFrancisPNCC.org](http://www.StFrancisPNCC.org)

## Holy Saturday - Blessing of Easter Foods

### Bread

A traditional round loaf signed with a cross symbolizes Jesus, *the Bread of Life come down from heaven* (John 6:35). Sharing it extends the Eucharist into the home.

### Paschal Lamb

Made of cake, butter or sugar with a red and white banner, the Lamb proclaims Christ as final victor over death and evil (Revelations 12:11).

### Smoked Meats

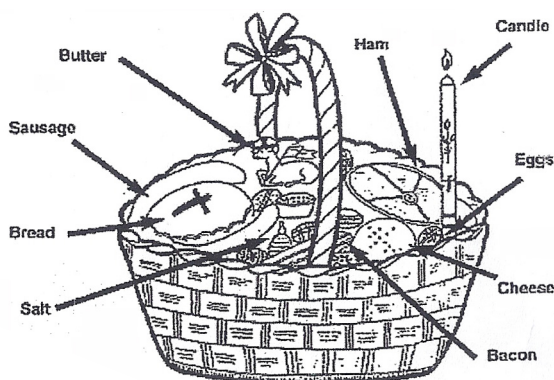
Kielbasa and ham symbolize the sacrifice of the new covenant. Jesus frees us from sin and eternal death bringing Exodus liberation to its final completion. Rings of sausage suggest family unity.

### Easter Eggs

The colored eggshell represents Christ's tomb. It is often dyed in onion skin for a rich earth tone. The yolk is reminiscent of the radiant sun. Written eggs or *pisanki* proclaim the glory of the Resurrection.

### Horseradish and Vinegar

The bitter herbs of Passover were fulfilled as Jesus drank sour wine while hanging on the cross. Traditionally, sweets are eaten only after tasting some horseradish as a reminder that Christ's bitter suffering opened the door to never-ending jubilation.



### Wine

*Psalm 104:16* extols the proposed use of wine, which gladdens the heart. For the baptized, wine points to the fullness of joy at the Eucharistic Table.

### Salt

*You are the salt of the earth* (Matthew 5:13). The faith, hope and love of Jesus' fol-

lowers give zest and meaning to daily life, preserving all that is good.

### Babka, Placki and Sweets

Children make Lenten promises often by giving up candy. All Easter candy denotes the sweetness of the heavenly kingdom. Yeast cakes iced with sugar allow *all to taste the goodness of the Lord* (Psalm 34:9). Cakes rising in the oven illustrate the warm spring sunrise and most especially, Jesus' rising from the tomb.

### The Pussy Willow

As the Polish "palm," pussy willow blooms first announce Spring's return. A Polish Easter hymn states that at His resurrection, Christ *blossomed forth as a wondrous flower*.

### Spring Greens

Sprigs of parsley, boxwood, myrtle, periwinkle, or even store-bought grass stand for the new life of eternal Spring won through Christ's resurrection.

### Second Basket

Families share the bounty of their Easter Table with the needy and homeless in exchange for their prayers. Children may also bring a special Easter candy basket for homeless kids along with your extra holiday goods basket.