

Seasonal Family Ritual: Easter

Easter Season Table Prayer

Here are a few simple tips on how to share a simple daily ritual with your family using the handprints you made at the Stories of God's Love Kindergarten Easter family event.

Create an Easter Centerpiece or Prayer Space

- At the center of your family table (where you sit down for your family meals, or somewhere close by) create an Easter centerpiece or prayer space.
- You will need to incorporate the family handprints you made earlier, a Bible, a candle, and other Easter symbols, such as flowers.
- Place the St. Teresa of Avila prayer card you received on the table. If you don't have the prayer card, make one to place at the prayer space using the prayer below:

Christ has no body but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
Compassion on this world,
Yours are the feet with which he walks to do good,
Yours are the hands, with which he blesses all the world.
Yours are the hands, yours are the feet,
Yours are the eyes, you are his body.
--St. Teresa of Avila

Simple Family Evening Meal Prayer Ritual

++ Begin with the Sign of the Cross.

Light the candle at the prayer center.

++ Pray the prayer of St. Teresa of Avila.

Pray St. Teresa's prayer and invite family members to tell how they were Christ's hands today.

++ Pray your family's traditional grace before meals.

++ End with the Sign of the Cross.