

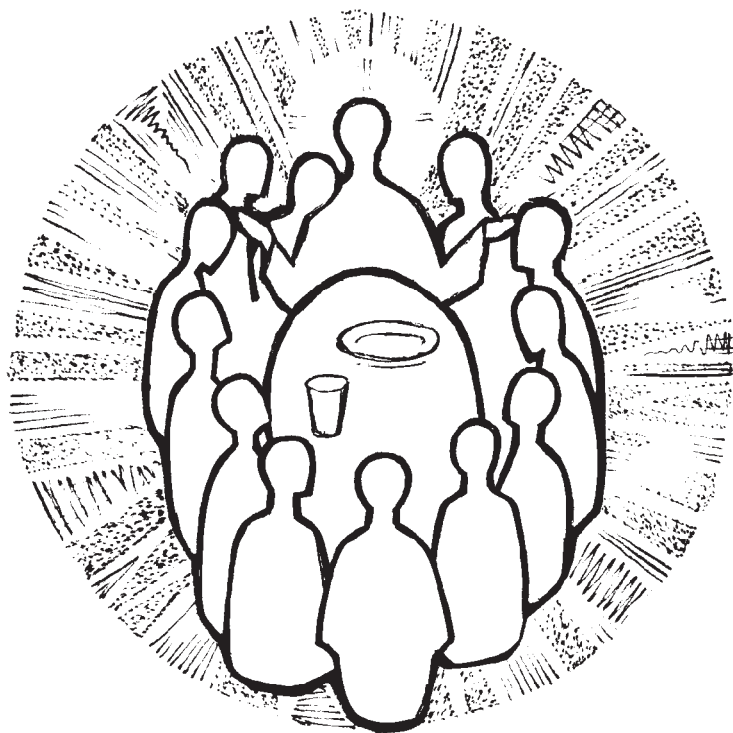
# Spirit of the Season

## Easter 2003

Liturgical Year B

[www.liturgyoffice.org.uk](http://www.liturgyoffice.org.uk)

# Let's Party!



**W**hen we name someone as the life and soul of a gathering we usually mean that he or she draws everyone together. It is the person who somehow embodies the love, joy, friendship and memories of the group.

Easter celebrates the One who makes present the entire story of God's love. Bread and wine are the effective sacrament of the risen Christ because breaking bread together is his chosen symbol of communion.

**R**ejoice, heavenly powers! Sing, choirs of angels! Exult, all creation around God's throne! Jesus Christ, our King, is risen!

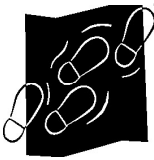
*Easter Proclamation  
(Exsultet)*

### Getting In Touch

Martin Foster  
**Liturgy Office**  
39 Eccleston Square  
London, SW1V 1PL  
Tel: 020 7901 4850  
Fax: 020 7901 4821  
[lifeworsh@cbcew.org.uk](mailto:lifeworsh@cbcew.org.uk)  
[www.liturgyoffice.org.uk](http://www.liturgyoffice.org.uk)

Anne White  
**National Project Coordinator**  
Catholic Education Service  
39 Eccleston Square  
London, SW1V 1BX  
Tel: 020 7901 4880  
Fax: 020 7901 4893  
[general@cesew.org.uk](mailto:general@cesew.org.uk)  
[www.cesew.org.uk](http://www.cesew.org.uk)

## Birds and Balloons



Take the children into the playground to watch the birds flying.

Can you identify different types?

What are the different ways in which they fly?

Some float, others beat furiously, some glide on a current of air. Some swoop, others soar. Some seem carefree, others have places to go. Some birds fly alone, others dance around in pairs. Perhaps you will see a whole flock flying in formation.

Make connections with **Air**, **Breath** and **Energy**. Or you could work with balloons or kites.

Sing about the birds in the air in the Korean song **Look and learn** (Laudate) The song, like a lot of folk tunes across the world is pentatonic — it may sound Scottish on first hearing!

## Sing a song of creation



The first reading at the Easter Vigil is the account of creation (Genesis 1:1–2:2).

A number of books of music for Easter (*Music for Holy Week and Easter* McCrimmons,

*Resurrexit* Decani) provide a sung refrain for the reading—*And God saw that it was good*, for example. The refrain could be used as a response to prayers thanking God for the wonders of creation.

Another text you could use is the canticle in praise of creation in Daniel (3: 57–88, 56)

*O all you works of the Lord, bless the Lord.*

*To him be highest glory and praise for ever.*

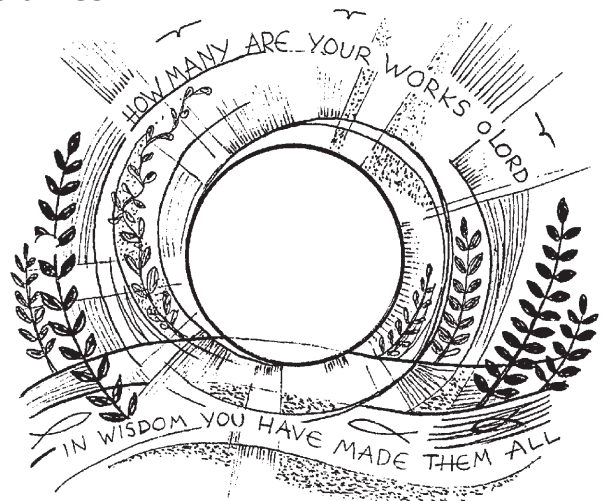
The second line is a refrain throughout the text and after introducing the text children could be invited to add their praises—trying to keep to the rhythm of the original litany.

## Let's party

*Progressive Solemnity* is the technical term for something which is at the heart of Spirit of the Season — the way we celebrate should reflect what we are celebrating. If we put more attention and variety of elements into an ordinary weekday collective act of worship than we do to, say, the Ascension something is out of balance.

Or to put it another way some parties are just get together of a few friends with some bottles of wine and a few nibbles. When there is a special occasion—an important anniversary or significant moment in people's lives we may celebrate a banquet and champagne.

The elements may be common: people, food and drink, but the differences in care, preparation and lavishness speak volumes.



## I am with you always

How do we recognise Jesus in other people? (see *Autumn Spirit of the Season*)

Chords: D, Em, A, D, A4, A, D, Em, A, G, D

Lyrics:  
 I am with you al - - - ways, said  
 Je - sus to his friends  
 Je - sus is with us al - - - ways.  
 He will be our friend.

## Baking bread

The *General Instruction to the Roman Missal* requires that the bread used in the Mass should 'truly have the appearance of food.' It should also be made only from wheat, be recently baked and unleavened. The hosts regularly used at Mass meet these requirements in a minimal way.

One way to help the children engage with the fuller significance of the sign of bread and food is to help them know this is what we use at Mass, even if it is usually 'not bread as we know it.'

The following recipe is suitable for bread to be used at Mass.

1. For 70 communicants, use 1/3 cup whole wheat flour to 2/3 cup unbleached white flour. The mixture of flour should be kept in an airtight container in the freezer and used while cold. (The cold flour helps prevent a separate crust from forming.)
2. Use one cup of the flour mixture to approximately 1/2 cup of naturally effervescent water (Perrier, for example). The water should be refrigerator cold.
3. Quickly mix the flour and water together with a fork until all the flour is moist. Form dough into a smooth ball. Usually more flour needs to be sprinkled on the surface of the dough to prevent stickiness.
4. Gently flatten the ball of dough into a circular loaf about 1/2 to 3/4 inch thick. If necessary, turn any uneven edges underneath.
5. Place unscored loaf on a non-stick baking sheet.
6. Place in a preheated oven at 425 degrees.
7. After approximately 12-15 minutes the top crust should have raised slightly. Prick the crust with a toothpick in several places, turn the loaf over and continue to bake about five minutes. (This gives an evenness to the top of the loaf.)
8. Turn the loaf right side up again and continue to bake until the crust is very lightly browned, about 10-15 minutes more for a total of 25-30 minutes. Baking time when using more than 1 and 1/2 cups of flour needs to be extended.
9. Place the loaf on a rack for cooling. (You may want to slice the bottom crust off to check for any rawness.)
10. Bread is best when made fresh for the day of the liturgy. However, after baking it can be tightly wrapped and frozen for later use.

## Songs about the Breaking of Bread

In the Breaking—Bob Hurd

Bread to share—Marty Haugen

Within the reign of God—Marty Haugen

Blest are you—Marty Haugen

Come to the feast—Marty Haugen

### The Prayer Space in Easter

- Water, Easter Candle—get a large pillar candle and using a colour medium such as Playdoh, sheet wax, create a cross or Easter image.
  - Resurrection Cross (a figureless cross draped with white cloth).
  - White, Gold
- If Lent was abstinence and restraint; Easter will be overflowing with excess.

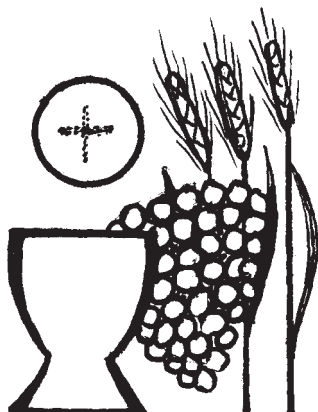
# Christ is always present in his Church

## —in the sacraments celebrated

The goodness of God is not confined to our seven sacraments. Something of God's desire that we will be one is achieved wherever people grow in friendship. Wherever there is forgiveness something of God's desire for reconciliation and healing is achieved. In the celebration of the seven sacraments we rediscover in Christ the fullness of the potential of the rest of our lives. Celebrating sacraments should prepare us for recognising God's grace at work throughout our world.

**S**aint Augustine said 'You hear "The body of Christ." And you answer "Amen." Then be a member of the body of Christ so that your "Amen" be true!... "We who are many are one bread, one body" (I Cor. 10.17). Understand and rejoice! Unity, reality, surrender, love!... Be what you see there! Receive what you are!'

Why does this mystery occur with bread?... One body formed out of many. Consider that the bread is not prepared from a single grain but from a large number of grains. During the exorcism you were, so to speak, under the millstone; at baptism you were soaked with water. And then the Holy Spirit came over you like the fire that makes the loaf. Be then what you see and receive what you are." (St Augustine. Sermon 272.)



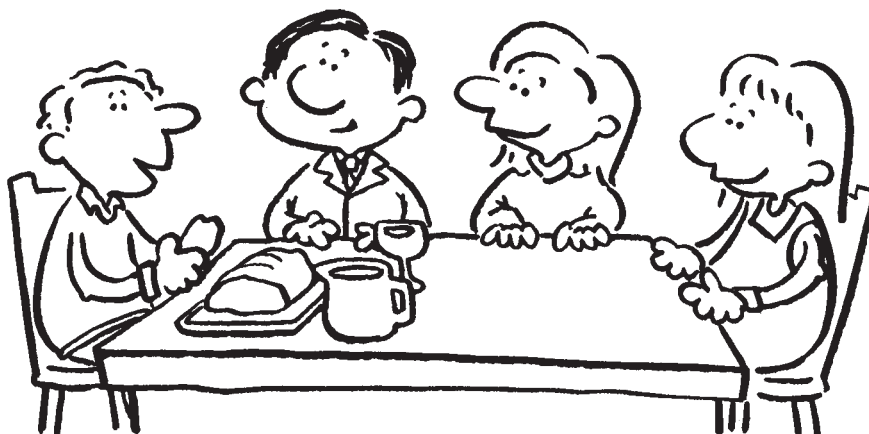
### An opportunity for Word Art

Go and see  
*Here I Am* Key Words  
for this topic:  
**Death/  
New Life**



**T**he night before he died Jesus and his friends went to Jerusalem to celebrate a special meal together. While they were at table, Jesus took some bread...

*God's Story 2 p.77*  
based on Luke 22:19-20



**B**y now they were near to Emmaus, and they begged him to stay with them. So he did and they sat down at table together. He took the bread...

*God's Story 3 pp.128-9*  
based on Luke 24:13-35

Spirit of the Season is put together by Paul Varey. Material for inclusion should be sent to: Trinity & All Saints College, Leeds, LS18 5HD. Tel: 0113 283 7201 Fax: 0113 283 7200 Email: p\_varey@tasc.ac.uk

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