

THE EASTER SEASON

The spirit of the feast of Easter begins with the vigil and its festival of lights, symbolizing the Light of the Resurrection seen in the new fire and the Easter Candle. At the Easter Vigil in many parishes, the liturgy of Baptism takes place for those who are to be initiated and the faithful renew their baptismal promises. Then the celebration of the Easter Eucharist follows.

The next day at festive Easter Masses, the faithful who did not attend the vigil renew their baptismal promises. The Easter Season lasts until Pentecost, with the Paschal or Easter Candle lit at each Mass.

On the fortieth day of the Easter Season the Ascension of the Lord is celebrated. Ascension Thursday is a holy day of obligation in the United States. The faithful participate in Mass and, to the extent that they are able, treat the day as if it were a Sunday. The time between Ascension Thursday and Pentecost is a special time of preparation for the coming of the Holy Spirit.



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The fifty days from Easter Sunday to Pentecost are celebrated in joyful exultation as one feast day, or better, as one great Sunday.

St. Athanasius.



QUIET TIME

The best time for thought and problem-solving is quiet time. Most of us have the solutions to our problems within ourselves. We need to take the time to let the mind function free of distraction in order for it to use its healing and problem-solving power.

There are two sides to the brain, the left and the right sides. Most people are right-handed and left-brain thinkers. Language capabilities reside in the left brain and most people tend to cater to it and neglect the other side of the brain.

It is thought that much of the non-verbal, artistic, and creative potential resides in the right side of a person's brain. Society bombards people with incessant verbal information. There is little quiet time for the right side of the brain.

Quiet meditation, reflection, conjuring up pleasant mental images, and listening to soft music are all ways people use to free their minds to do deeper thinking and to find solutions to their problems. Once parents build some quiet time into their daily lives, children will benefit from it also.