

Let's Talk About Real Peace This Easter Week

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When we hear the word 'Easter,' we usually think about chocolate bunnies, egg hunts, dyeing eggs, jellybeans and eating fluffy yellow chicks. Easter originally began as a Christian tradition to celebrate the resurrection of Jesus. However, much of the activities we associate with Easter today are pagan (non-Christian).

With Easter evolving throughout history, there are many ways this holiday gives us opportunities to create real peace in our lives. Try out these four ways throughout the week.

Easter is about rebirth.

Live life like an egg. Why an egg? Eggs are part of the Easter tradition because they represent new life. Since Easter celebrates Jesus coming back to life, the egg perfectly represents rebirth. Easter also lands on the Sunday after the first full moon following the spring equinox, which symbolizes new life. Take this more figuratively than literally and reset any goals you have yet to accomplish. This is a chance to make peace with yourself (and your past) and start again.

Easter bridges the gap between young and old.

As a parent, there are times when it is difficult to connect to your children and get to know them as, well,

your children. Easter is a time of blossoming flowers, eating lots of yummy treats, and family bonding. Sit them down and talk about God and nature. Rather than having your own egg hunt, join together with your community and have fun in your neighborhood!

Easter promotes selfless love.

The story of Easter does not downplay evil but promises us that evil does not have the last word, goodness does. And goodness is brought into the world primarily by selfless love. Jesus says "Peace be with you," to his disciples after the Resurrection. This can remind us to remain peaceful in our lives, thus spreading goodness to others. Try doing something positive for your neighbors like giving them an Easter lily or dyeing eggs together with your family.

Easter transcends religion.

While it was originally a Christian holy day held in remembrance of Jesus' resurrection, Easter is bigger than that. While people of faith may honor Easter by going to church, praying, and reading scripture, anyone can celebrate Easter. Young and old, religious and non-religious. It is a day of peace that should be celebrated. This is a great holiday to do fun activities with Christian and non-Christian families. Since it is a time for family, try doing an egg hunt at a local church or host your own and invite your neighbors. There are activities for everyone to enjoy regardless of being religious or not.

Fun Fact: Where do the bunnies come from?

In the 17th century, there was a German tradition of an "Easter hare" bringing eggs to good children. Hares and rabbits were well associated with spring seasonal rituals because of their fertility. When German immigrants settled in Pennsylvania in the 18th and 19th centuries, this tradition followed them. As Christians celebrate the festival this spring in commemoration of Jesus' resurrection, the familiar sights of the Easter bunny and Easter eggs serve as a reminder of the holiday's very ancient origins outside of the Christian tradition.

Have a wonderful Easter week!