

Easter Guide 2022

A time for faith and renewal

Easter activities
and traditions from
around the world

Project Compassion
2022

Celebrating Easter
in Australia

Easter
Reflection



Caritas
AUSTRALIA

End poverty
Promote justice
Uphold dignity

Lent and Easter in Australia today

First and foremost, I would like to thank you for your ongoing generosity and support of Project Compassion 2022. Your kindness continues to make a difference in the lives of those living in vulnerable and marginalised communities, and provides support to the work that our local and international partners do.

This year, we bring to you the stories of five resilient and inspiring individuals whose lives and futures have been impacted by your kindness.

There is the story of young Anatercia from Mozambique who, despite facing poverty and food insecurity, can now access school supplies and attend her classes. Biru from India, who has overcome the barriers of disability and developed the confidence to run his own cycle repair shop and gain a sustainable income. Rosalie from the Democratic Republic of Congo has been able to establish her business selling natural medicine

products and second-hand shoes after being demobilised from the army. Janice from Northern Territory has gained employment as a tour guide through our partner Djilpin Arts; and Shaniella from Solomon Islands who, thanks to the work and support of Caritas Australia Solomon Islands, has received support in her hospitality studies during the COVID-19 pandemic.

Your generosity is the pebble that allows Caritas Australia to create the ripples of hope that improve the livelihoods of people like Anatercia, Biru, Rosalie, Janice and Shaniella. We do so by supporting them to flourish and create opportunities for future generations to live to their full potential and thrive.

Easter is the greatest and the most important feast in our Church, as it marks the birthday of our eternal hope. Easter literally means “the feast of fresh flowers”. With this in mind, I hope that this holy season provides you with an opportunity to spend time with your loved ones, to renew your faith and hope, and to reflect on the blessings and miracles we witness daily. This Easter, I invite you find joy in everything, despite all the burdens and worries that this world can bring.

Oh behalf of everyone at Caritas Australia, I hope that you enjoy this guide and that you can share it with your friends and family this holy season.



With gratitude,

Kirsty Robertson

Kirsty Robertson
Chief Executive Officer
Caritas Australia

Easter fun facts and celebrations from around the world



Easter Bonnet/Shutterstock

Whether it is going to church on Easter Sunday, hosting an intricate chocolate Easter egg hunt or a colourful Easter bonnet parade, each year, we surround ourselves with our friends and family to celebrate the holy season of Easter. However we may choose to celebrate, this season is the most important and oldest celebration in the Catholic faith. On Easter, we celebrate the Resurrection of Jesus Christ on the third day after his Crucifixion, and remember the sacrifice he made to save us all.

Easter also marks the end of 40 days of fasting and prayer known as Lent, which remembers the biblical tale of when Jesus Christ spent 40 days in the wilderness. During Lent, Catholics acknowledging Lent may also choose to 'give something up' (e.g. eating meat, consuming alcohol, etc).

The Easter Bunny is originally from Germany

When we think about Easter and the history behind it, there is not a logical correlation between rabbits, eggs and the resurrection of Christ.

With this in mind, it is safe to say that the Easter Bunny is similar to what Santa Claus is to Christmas. Hence there is no Christian significance to either of them.

The origin of the Easter Bunny dates back hundreds of years, beginning in pre-Christian Germany. Here, the hare was said to be the symbol of the Pagan Goddess of Spring and Fertility.

As Christianity spread across Europe, Pagan traditions were blended with Christian holidays, which saw the Easter Bunny lay a nest of colourful (today, chocolate) eggs for children who were well-behaved on Easter Sunday.



Easter bunny with chocolate eggs/Shutterstock

History of the Easter Bonnet

The Easter bonnet is yet another European tradition. People would wear new clothes and hats to celebrate the coming of spring and the meaning of Easter. Spring and Easter signal new life and rebirth. Getting a new outfit and hat was one way to honor that meaning. The first bonnets were circles of leaves and flowers to show the cycle of the seasons.



Pysanky eggs/Shutterstock

Painting eggs is a Ukrainian tradition

For generations, the people of Ukraine have been decorating eggs as a calling out to the Gods and Goddesses of health and fertility. This traditional act of pysanka is made by using wax and dyes.

Easter Around the World

- The people of Haux, France, serve an enormous omelette on Easter Monday. They use more than 4,500 eggs and feed up to 1,000 people.
- Easter Monday in Poland is known as Wet Monday (or Śmigus-dyngus), where people throw water at each other as part of the celebration.
- The Easter Festival in Antigua, Guatemala, is the largest Easter celebration in the world. It's a week-long celebration during which the community commemorates the passion and crucifixion of Jesus by conducting somber processional marches, carrying floats with large sculptures of Jesus and Mary. Sand and colored sawdust are painstakingly designed and laid in the streets in intricate patterns for the march to proceed over. On Easter Sunday, the city joyously celebrates the resurrection of Jesus with fireworks and the solemnity of the Lenten season is over.





The Catholic Weekly, February 1969

Project Compassion: past and present

Project Compassion is Caritas Australia's biggest fundraising appeal. Over the six weeks of Lent, people from all across Australia engage in activities to raise funds and lend a hand to those in need.

The first Project Compassion ever held took place in 1967, only five years since the introduction of Caritas in Australia in 1962 (formerly known as the Catholic Church Relief Fund).

Throughout five decades of natural disasters, conflicts and crises, Caritas Australia has worked alongside vulnerable communities with the generous support of Australians at an international and national level. Project Compassion has also helped with access to education, health services, agricultural training and through programs that reduce maternal and infant mortality.

This year, as part of Project Compassion 2022, we bring to you the story of Janice.

A Wagilak woman, Janice is a traditional dancer who tells stories through movements handed down over generations. She lives on Jawoyn country in Arnhem Land and like many living in remote communities in the Northern Territory, she faces a range of challenges – low employment and education, financial hardship, poorer health and lower life expectancy.

Thanks to the unconditional support of people like you, Caritas Australia has been able to support Djilpin Arts Aboriginal Corporation, which operates a centre for traditional and contemporary Aboriginal arts and culture, providing employment and generating income for local communities.

Janice has been a Djilpin Artsworkeer since 2015, performing traditional dances, as a host for performances and as a tour guide in the art museum.

*Janice is a traditional dancer who tells stories through movements handed down over generations.
Photo: Richard Wainwright/Caritas Australia.*





Celebrating Easter in Australia

Much like with Christmas, Easter is another Christian public holiday where businesses close and the country slows down so that everyone can have the opportunity to spend quality time with friends and family. Easter also provides everyone with the chance to engage in numerous activities held around the country and celebrate. Whether you choose to host your own Project Compassion fundraiser during this time, visit your local parish, spend some time at home or outdoors, here are a few activities you can engage in during this time.



Attend your local parish

Each year, parishes across Australia hold a number of fun activities to celebrate Lent and Easter and bring the local community together during this special time. Whether it is attending Easter Sunday mass, arts and crafts fairs, an Easter egg hunt or any other family-friendly activity, why not visit your local parish?

Ks for Compassion

As part of Project Compassion, Caritas Australia's initiative 'Caritas Ks' invites everyone to walk, swim, run or cycle and gather kilometres for compassion, and the money you raise will help those in need to build better lives for themselves. To find out more, please visit lent.caritas.org.au/caritas-ks.



Hold your own fundraiser

You can also host your own Project Compassion fundraiser to help vulnerable communities across the globe to break the cycle of poverty and forge a brighter future. You can participate on your own, at your school, church, home or your workplace. The choice is yours. To register or find out more, visit fundraise.projectcompassion.org.au.

Easter Reflection

Let us try to make Easter special and give time to each other as we share the gift of new life. As we grow in faith and love, may we all come together to celebrate in our ways in tradition together as one human family. Let us take this opportunity for renewal to extend peace and solidarity to every living being on this Earth.



Put your compassion into action today and help raise vital funds for vulnerable communities around the world. Donate now via our website www.caritas.org.au/project-compassion/ or simply scan the QR code.



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