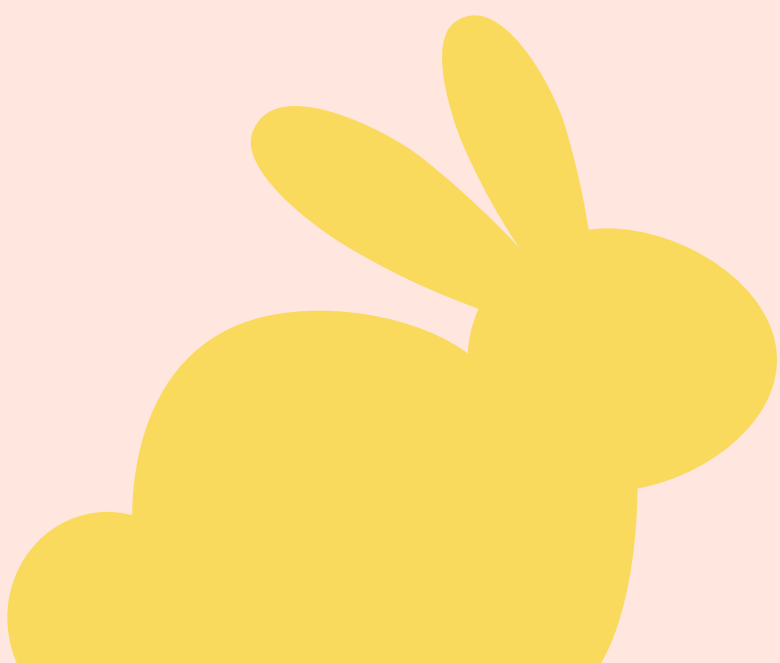
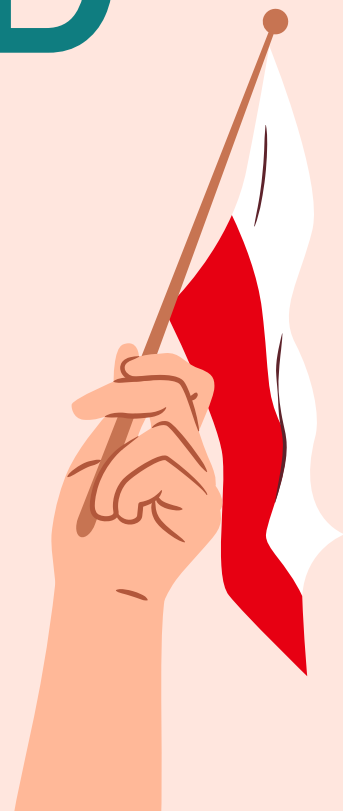




EASTER IN POLAND



**It is the oldest and the
most important
Christian feast in
Poland, celebrating the
resurrection of Jesus.**



Palm Sunday is the beginning of Holy Week. On this day people go to churches with colourful palms in their hands to have them blessed by the priest. This tradition is very alive in certain parts of Poland. There are even some contests organised, where the longest palm wins.



Holy Thursday

On Holy Thursday we take part in a mass that commemorates
Jesus Christ's Last Supper.



Good Friday

On Good Friday we commemorate the crucifixion of Jesus Christ.

It is a very solemn day and we don't eat meat.

An exeptional Mass takes place on that day- Way of the Cross- then the last moments of Jesus Christ's life are read out from the Bible.



Easter Saturday

Saturday, according to the old Polish tradition, is the day when so called 'holy menu' is blessed by the priest at church. That is the final point of Easter preparation: houses are already clean and all the dishes for 2-day-feast should be ready, as when the 'blessed food' is in the house, there is not any more right to do preparation work. It is the time of reflection and vigil in church at the symbolic tomb of Jesus Christ.



‘Holy menu’ – what is it?

It is called ‘święconka’, in English ‘blessed food’. It’s a small garnished basket, where people put some hard-boiled eggs, bread, butter, salt, meat, fruit and chocolate eggs or bunnies. Then they take it to the church to have it blessed. The ‘blessed food’ will start breakfast on Holy Sunday.



Easter Sunday

starts with Resurrection Mass at 6 am. After that, the whole family gathers at the table full of delicious things and have breakfast, which starts with a prayer. Then, the 'holy food' is divided into chunks and every member of the family gets a small piece of it. Only then people can savour the rest of the dishes.



Easter Monday

Easter Monday in Poland is known as Wet Monday or Śmigus- Dyngus. During that day, it is allowed to pour water on others, even some unknown! So the best thing you can do, if you want to have dry clothes, is to stay at home, otherwise you have to take into account that you may get soaking wet!



Easter symbols

In Poland there is a habit of decorating eggs. These eggs are called 'Pisanki' or 'Kraszanki'.



Polish 'biały barszcz' or 'żurek wielkanocny' – is typically eaten on Easter Sunday morning and is made with most of the foods from the basket blessed on Holy Saturday.



Polish Easter Bundt Cake- Babka Wielkanocna



***HAPPY
EASTER!***

