

# Easter: Understanding and Celebrating



This year, Easter will commence at the tail end of **A Taste of Harmony**, making it a unique opportunity to explore and celebrate cultural diversity within the workplace. While Easter is often associated with a break from school and work, chocolate treats, and a visit from the Easter bunny, it also holds significant importance for many of Christian faith. This fact sheet provides an overview of Easter, its significance, and how it's observed globally.

## Introduction

Easter is one of the most significant celebrations in the Christian calendar, marking the resurrection of Jesus Christ. It's a time of reflection, renewal, and celebration for many. In Australia, around 42 percent of the population is estimated to attend mass during the Easter period.

## The Significance of Easter

Easter commemorates the resurrection of Jesus Christ from the dead, the cornerstone of Christian faith. It is celebrated after Holy Week, which includes Good Friday (the day of Jesus' crucifixion) and Easter Sunday (the day of his resurrection). This period symbolises hope, new beginnings, and the triumph of life over death.

## Easter Traditions

Easter traditions vary widely across cultures, reflecting the diversity of ways people celebrate around the world. Some common practices include:



**Easter Sunday Church Services:** Many Christians attend special church services to celebrate the resurrection of Jesus.

**Easter Eggs:** Representing new life, Easter eggs are often decorated and exchanged as gifts. Egg hunts are popular activities for children in many countries.



**Family Gatherings:** Easter is a time for families to come together, often sharing a special meal.

**Global Traditions:** In Spain, Semana Santa processions are a major event; in Poland, migus-Dyngus (a water fight) is a popular tradition; in the United States, Easter parades are a festive highlight.



## How to Acknowledge Easter in the Workplace

Acknowledging Easter in the workplace can foster inclusivity and respect for cultural and religious diversity. Here are a few ways to do so:

- ✓ **Respect Observances:** Be mindful of employees who may observe Good Friday or Easter Sunday. Accommodate their needs for time off or flexible hours during this period.
- ✓ **Host a Morning Tea:** Consider hosting a morning tea with hot cross buns or other Easter-themed treats to bring your team together. Ensure that this gathering is inclusive of all, respecting that not everyone may observe Easter.
- ✓ **Share Information:** Use your internal communications to share the significance of Easter and the different ways it's celebrated around the world. Include a note on respecting the diverse religious beliefs and practices within your team.



## Connecting Easter with A Taste of Harmony

Easter is a wonderful opportunity to highlight the cultural diversity within your workplace. Encourage employees to share their Easter traditions, recipes, or stories as part of your **A Taste of Harmony** activities. Additionally, consider how different cultures incorporate Easter into their lives, whether religiously or secularly. This can be a great way to learn about and respect the various ways Easter is celebrated globally, fostering a deeper sense of inclusion and connection within your team.

## Contact Us

If you have any questions or need further information on acknowledging Easter in your workplace, please reach out to us via [contact@tasteofharmony.org.au](mailto:contact@tasteofharmony.org.au) or visit [www.tasteofharmony.org.au](http://www.tasteofharmony.org.au)

