



Morning from the beach in Edmonds

Easter Sunrise Breakfast

Getting up before dawn to watch the sunrise is a special treasure that is not easily forgotten in life. The Easter morning tradition of a sunrise breakfast creates a sacred space in which memories are cultivated for life. Some families already have this tradition and gather in community for a sunrise service. For those who don't or can't this year, why not do it at home?

Breakfast can be as simple or elaborate as you wish. The most important element is simply **gathering together** as a household or family and enjoying the time together.

Materials:

- . 1) Breakfast food 
- . 2) Printout of John 20:1-18 (see below) or use a Bible 

How To:

The night before, set the table with everyone helping. Put on some flowers from the garden, candles, or anything to make it festive. If possible, consider setting up outside or on a deck or patio, or near a window to see the sky light up. Prepare as much of breakfast ahead of time as possible.

Plan to wake everyone in time to be ready at the table about 15 minutes before sunrise. April 12 in the PNW, sunrise is at 6:25 AM. You can also bundle everyone into the car and drive to a place to watch the sunrise. In Edmonds the pink from the East sunrise reflects on the Olympics we see on the west.

Depending on where you can see the sunrise, do the readings in the car or serve breakfast with everyone seated.

Begin with a prayer of your own or use this one: *"God of darkness and light, we give you thanks for this Easter morning. As we sit in the dark, we are excited to experience resurrection in a new way as the sun rises and light fills the sky. Help us to have a meaningful breakfast together as a family [household]. Amen."*

Begin to eat breakfast together and have someone read the John passage slowly and deliberately.

Notice the first line: "Early on the first day of the week, while it was still dark..." Notice if it is still dark outside and notice that this is how it was outside when Mary went to the tomb. *"How do you think Mary felt when she went to the tomb in the dark?"* If outside, notice the sounds at this time of the day.

Enjoy breakfast together and notice as it gets brighter. Share thoughts and experiences that come to mind. Ask questions that occur to you or use some of the following:

- ◆ What part of the story is most interesting to you or sticks out the most? L
SEP
- ◆ Does the light happen all at once, or does it seem to get light gradually? What does L that tell you about the resurrection? SEP
- ◆ In the story, Mary calls Jesus a teacher [Rabbi]. How is Jesus a teacher to you? L
SEP
- ◆ How do you think people felt when they realized that Jesus was alive? L
SEP

◆ Resurrection means coming back to life. What are some things that remind you of [SEP]resurrection in the world? [SEP]

Close your time with a prayer: *"Thank you, God, for this resurrection breakfast, a time to focus on you and the mystery of resurrection. Help us to celebrate Easter and to share its message of hope and promise. Amen."* [SEP]

This way of having an early breakfast can also give a household a chance to move onto other celebrations for the day such as sharing in an Easter worship online, doing an egg hunt, or other traditions.

Scripture

John 20:1-18 + New Revised Standard Version (NRSV)

Early on the first day of the week, while it was still dark, Mary Magdalene came to the tomb and saw that the stone had been removed from the tomb. So she ran and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, "They have taken the Lord out of the tomb, and we do not know where they have laid him."

Then Peter and the other disciple set out and went toward the tomb. The two were running together, but the other disciple outran Peter and reached the tomb first. He bent down to look in and saw the linen wrappings lying there, but he did not go in.

Then Simon Peter came, following him, and went into the tomb. He saw the linen wrappings lying there, and the cloth that had been on Jesus' head, not lying with the linen wrappings but rolled up in a place by itself.

Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not understand the scripture, that he must rise from the dead. Then the disciples returned to their homes.

But Mary stood weeping outside the tomb. As she wept, she bent over to look into the tomb; and she saw two angels in white, sitting where the body of Jesus had been lying, one at the head and the other at the feet. They said to her, "Woman, why are you weeping?" She said to them, "They have

taken away my Lord, and I do not know where they have laid him.”

When she had said this, she turned around and saw Jesus standing there, but she did not know that it was Jesus. Jesus said to her, “Woman, why are you weeping? Whom are you looking for?”

Supposing him to be the gardener, she said to him, “Sir, if you have carried him away, tell me where you have laid him, and I will take him away.

“Jesus said to her, “Mary!” She turned and said to him in Hebrew, “Rabbouni!” (which means Teacher). Jesus said to her, “Do not hold on to me, because I have not yet ascended to the Father. But go to my brothers and say to them, ‘I am ascending to my Father and your Father, to my God and your God.’”

Mary Magdalene went and announced to the disciples, “I have seen the Lord”; and she told them that he had said these things to her.

