

JAMAICAN EASTER TRADITIONS

Easter is the celebration of the death and resurrection of Jesus Christ by Christians across the world. Every country has its unique celebration, and Jamaica is no exception. Several traditions stand out to most, if not all, Jamaicans.

Going to Church

Jamaicans are very big on going to church during the Easter holidays and will go to church at least two days during the period — on Good Friday and Easter Sunday. Easter services commemorate the resurrection. Some people have a tradition of wearing black on Good Friday and white on Easter Monday to signify Christ's resurrection.

Bleeding Tree

Another Jamaican Easter tradition is cutting the Physic nut tree, called the 'Crucifixion Tree,' at noon on Good Friday. This plant is said to 'bleed' a reddish-looking sap when cut at midday — unlike its customary whitish liquid. The theory is that the cross on which Jesus Christ was crucified was made from the wood of that tree, so his blood flows through it on Good Friday.

Going to the beach

During the Easter holidays, locals usually flock to the beaches for relaxation.

Eating Bun and Cheese

Possibly the most popular tradition that Jamaicans have developed is the eating of bun and cheese during the Easter period. Even though bun and cheese are available during the year, Easter buns have something unique and usually contain fruits, spices, and other ingredients.

Setting egg whites before sunrise on Good Friday

Although this ritual isn't practiced as often anymore, what usually happens is that people would set the white of an egg in a glass cup on the evening of Holy Thursday. On Good Friday morning, whatever pattern or shape has been formed is essentially used to predict the future. Jamaicans have indicated that they've seen forms such as ships and airplanes which meant travel, a dress or ring, which would mean marriage, caskets signifying death, and a host of other shapes.

Eating Fish

The Lenten season usually involves people adjusting their diets. Most Christians do this diet as they reflect upon how Christ sacrificed his body for their sins. As a result, the consumption of red meat is usually reduced or completely stopped during the Easter period. Fish, therefore, becomes the protein of choice. The Escovitch Fish is very popular during the Easter holiday.

Carnival

In Jamaica, Carnival is a unique event to celebrate the end of the Length season. Jamaican Carnival would spur an increase in soca and calypso music on the airwaves and see revelers taking over the streets for road marches. Carnival goers usually adorn themselves in various brightly-colored costumes, and other activities are linked to the event.

HAPPY EASTER