

# *Holy Saturday Blessing of Food*



## Greeting

**Presider** May the best blessings of our God fill you to overflowing and be always with you.

**All** And also with you.

## Song

### *For the Beauty of the Earth*

For the beauty of the earth, for the glory of the skies, For the love which from our birth Over and around us lies: Lord of all, to you we raise This our hymn of grateful praise.

For the beauty of each hour Of the day and of the night, Hill and vale, and tree and flow'r, Sun and moon, and stars of light: Lord of all to you we raise This our hymn of grateful praise.

### Blessing of the Water

**Presider:** Water is the source of all life.

**All:** May this water remind us of our rebirth in Baptism. May it bless us and our foods with divine goodness. May it bring health, healing, and wholeness to all it touches. Amen.

*Presider blesses the water*

### Blessing of Breads

**Presider:** We invoke the blessing of the Divine Spirit upon this bread made with new leaven.

**Men:** May God the divine parent, fill this bread with the richness of taste and with the delight of his grace. May we who share this bread be fed with wisdom and insight and come to a deeper trust in God.

**Women:** May this bread give us strength and understanding and also the gifts of compassion and love. May we nourish and rejoice in one another as we share in this blessed bread. May this bread be not only a cause of celebration, but may it also be nourishment for us throughout all our life's journeys.

*Presider blesses the bread*

Blessing of All Dairy Products

- Presider** Let us now ask our God, who is rich in bestowing gifts upon those who love, to bless this butter, milk, and eggs.
- Men** From the best part of the milk comes cream and from the cream comes butter. May this blest butter molded in the shape of the Paschal Lamb always remind us to give the best of all we have, ourselves, our work, and our love. May we give it for the glory of God and for the nurture of our families and loved ones.
- Women** Milk is the first food. It is the food of the newborn and the innocent. It is pure and totally sufficient. May this Easter milk encourage us to nourish our families and friends with love and support. May we find fulfillment and happiness in the giving.
- Children** The best part of Easter is eggs. Colored eggs, lots of eggs. Eggs for our baskets, eggs with our names, eggs made of chocolate and cream. These eggs remind us of the huge cold stone in front of Jesus's tomb. But Jesus rose from the dead. Bless our eggs Lord, and help us to live with Jesus. Amen.

*Presider blesses the dairy products*

### The Blessing of Meats

**Presider**     How blessed is the Lord God and Creator who has given us food from the earth. He has given us the flesh of every animal for our nourishment. Let us invoke a blessing upon our meats.

**All**             In order to live we must eat. In order to eat, some of God's creatures must die. From death to new life is the constant cycle of nature. This cycle is ordained by God. As we partake of this blest meat, may we know that the Son of God has given his flesh for the life of the world. May that life bring us all to everlasting life.

*Presider blesses the meats.*

### The Blessing of Wine, Honey, Cakes, and Sweets

**Presider**     We now ask God to bless the foods that bring us joy and remind us of how glad God is to be constantly in our presence.

**Men**            Send forth your Spirit, Lord, upon this wine. May it overflow with kindness and transform stranger into friend. May it warm our hearts and homes. May all who taste it know how good the Lord is. May this blest wine be a symbol of the blood of Jesus who poured himself out in service for us.

**Women** Bless this honey, Lord, and make it a sign of all that brings pleasure and renewal. We thank you for victory, success, honor, holidays, vacations, and family fun. Sweeten us, Lord, and remove all bitterness, hatred, and jealousy. Make us signs of your sacrament to the world.

**Children** We are made of sugar and spice and everything nice. May all cake, candy, and sweets be our way of knowing how good God is. When we eat the things we like, may God bless us and make us His children. May we be as good as God to our parents, our brothers and sisters, and others we meet. Amen.

### **Blessing of Jelly Beans**

**Presider** May these jelly beans be blessed in the name of the Father, and of the Son, and of the Holy Spirit.

**All** Amen.

*Children are invited to come up and receive jelly beans.*

*Presider blesses Wine, Honey, Cakes, and Sweets*





## Concluding Prayer

**All:** Lord God, we bless you and are filled with gratitude for the numerous gifts you give us. We take pleasure in the fruit of your creation, in fish and bird, tree and flower, and in each harvest. We take delight in our eyes, ears, arms, legs, and in your great gift of life. Blessed are you, Lord our God, who in the richness of your divine love blesses us with good things. Amen.

## Closing Song

Verse 1      May the Lord always bless you and keep you.  
May his face always shine upon you.  
May you know his compassion and mercy.  
May the Lord walk beside you for ever.

Verse 2      May the Lord look upon you with kindness.  
May the Lord fill your hearts with his peace.  
May his love be forever within you.  
May the Lord always bless you and keep you.  
May the Lord always bless you and keep you.

