

THE BLESSING OF BREAD

CEREMONY FOR THE BLESSING OF BREAD
ON THE FOURTH SUNDAY OF ADVENT
(Outside of Holy Mass)

(The bread should be baked by the mother of the family, remain unsliced, and brought, neatly wrapped, to the Church.)

Priest: The Prophets of old foretold Thy birth among us – now cause virtue to come to life in us!

People: *The Lord is close at hand; come, let us adore Him.*

Priest: We proclaim Thy saving work – now grant us Thy salvation!

People: *The Lord is close at hand; come, let us adore Him.*

Priest: Thou didst come to heal the wounds of men – now heal the weaknesses of us Thy people!

People: *The Lord is close at hand; come, let us adore Him.*

Priest: Thou art worthy of all praise, for Thou hast given life and doth rule all things – help us to wait in joyful and patient hope for the coming of Thy glory!

People: *The Lord is close at hand; come, let us adore Him.*

Priest: May Almighty God bless us: the ✠ Father, the ✠ Son, and the ✠ Holy Ghost, and may His blessing be upon us forever.

People: *Amen.*

The Blessing of the Bread:

Priest: Our help is in the name of the Lord.

People: *Who hast made heaven and earth.*

Priest: The Lord be with you.

People: *And with thy spirit.*

Priest: Let us pray. O Lord, Jesus Christ, Bread of Angels, living Bread unto eternal life, bless ✠ this bread as Thou didst bless the five loaves in the wilderness; that all who eat it with reverence may through it attain the corporal and spiritual health they desire. Who livest and reignest eternally.

People: *Amen.*

Priest: Let us pray. Holy Lord, Father almighty, everlasting God, bless ✠ this bread with Thy supernatural benevolence. May it be to all partakers a source of health for body and soul, and a safeguard against illness and all inimical assaults. Through our Lord, Jesus Christ, Thy Son, the living bread which came down from heaven, Who giveth life and salvation to the world! Who liveth and reigneth with Thee in the unity of the Holy Spirit, God, eternally. **People:** *Amen.*

(Priest now sprinkles the bread with Holy Water.)

At Home:

(To be said by the father of the family – or the mother, if the father is absent – at the dinner table before the main meal. The entire family should be gathered at the table, if possible.)

Father: The Lord be with each of you.

Family: *And also with you.*

Father: Let us pray. O God, our Father, mindful of the place that Thou hast given me within the circle of my family, I call out to Thee to bless my family. I extend Thy peace to my wife, and to each of my children. As I distribute this blessed bread to them, I give a sign to my family that I am truly mindful of my place, and that I will dedicate myself to its fulfillment. Lord, give me courage to always live up to this high calling. Protect my family. Keep us all free from the snares of the devil, and if any member of this family has the misfortune to be thus ensnared, grant that they may soon return to Thy grace. I ask this through Christ our Lord.

Family: *Amen.*

(The father now distributes the bread by breaking off pieces and handing one piece to each member of the family)

Father: *(Standing, with right hand extended):* May the blessing of God: the Father and the Son and the Holy Ghost, descend upon myself and my family and remain with us forever.

Family: *Amen.*