

The Blessing Cup

The Blessing Cup is a family tradition that you can begin in your home. Used as a family symbol, the Blessing Cup can become a sign of solidarity in the family – oneness in prayer and blessing.

Cups can be made, purchased or found within your home. In any case, they become a true vehicle of God's grace as we rehearse our common destiny and dare to share our hopes and fears with those we love.



The Blessing Cup: A Prayer Ritual for Families

Opening Prayer: We come together as a family, to share in this meal, and we give thanks for the food and drink that will nourish us, in the name of the Father, and of the Son, and of the Holy Spirit.

Psalm 116: How can I repay the Lord
for all the great good done for me?
I will raise the cup of salvation,
and call on the name of the Lord.
I will pay my vows to the Lord
in the presence of all his people.¹

Intercessions:

For all of our family gathered around this table, that we may grow in faith and love.

Lord hear our prayer

For all of those who prepared this family meal, that their hands be blessed for the work they have done.

Lord hear our prayer.

For an end to all hunger and that we may share the gifts we have with those in need.

Lord hear our prayer.

Collect:

Bless us, O Lord, and these thy gifts, which we are about to receive, from thy bounty, through Christ our Lord.

Sharing of the Blessing Cup:

Pray together one Our Father as the cup is passed

¹ <http://www.usccb.org/bible/psalms/116>