

The Blessing Cup



St. Francis De Sales
Jesus Day

Dear Parents,

Among the many activities that were part of Jesus Day, was the painting of a special cup known as the Blessing Cup. The practice of using a blessing cup is part of an old Jewish custom which has been incorporated into our modern day celebration of the Eucharist. Used as a family symbol, the blessing cup can become a sign of togetherness and a means to strengthen the family bonds. Through its use, the hopes, fears, joys, and sorrows of the family can be expressed in a simple, yet profound way.

The list of opportunities for celebrating with a blessing cup is as varied as the experience of family life and times: birthdays, anniversaries, and holy days, Thanksgiving, First Communion, birth or death in the family, or any occasion that calls for recognition and attention. Suggestions for both formal and informal rituals to use the blessing cup can be found attached to this letter. Also included is a meal prayer that you



may want to use on First Communion Day.

We hope that you have an opportunity to use the blessing cup. It's a very enriching way to pray as a family and could easily become a family tradition that lasts for years to come.

May your blessing cup be filled to overflowing!

P.S. The cup has been sprayed with a fixative to keep the paint from chipping, but it should be washed carefully. IT IS NOT DISHWASHER SAFE!

Materials used:

Goblets with stems from IKEA

Acrylic water base paint

Acrylic clear spray coating

In Honor of a First Communion

Opening Prayer

Today, we celebrate the wonderful promise of the Last Supper, in the name of the Father, and of the Son, and of the Holy Spirit.

Scripture

While they were eating, Jesus took a loaf of bread, and after blessing it he broke it, gave it to his disciples, and said, "Take, eat; this is my body." Then he took a cup, and after giving thanks he gave it to them, saying, "Drink from it, all of you; for this is my blood of the covenant, which is poured out for many for the forgiveness of sins."

(Matthew 26:26-28)



CoolClips.com

Petitions

May we love one another as Christ loves us, we pray.

Response: We are your family, Lord.

May we grow in our ability to see Christ in each other, we pray.

For the needs of our family and each other, we pray.

Add your own petitions.

Collect

Today, _____, _____, and _____ have spoken what is in their hearts, recognizing the journey of Christ with this family. May we always walk with Christ.

Sharing of the Blessing Cup

Pray together the Our Father or sing an appropriate song.

A Family Prayer

Opening Prayer

We walk together in the light of God's blessing, in the name of the Father, and of the Son, and of the Holy Spirit.

Scripture

Then [the disciples] told what had happened on the road, and how he had been made known to them in the breaking of the bread.

While they were talking about this, Jesus himself stood among them and said to them, "Peace be with you." (Luke 24:35-36)



Petitions

We are grateful for the bread of life you give us. With joy, we pray.

Response: Lord Jesus, you are the bread of life.

We thank you and praise you for _____'s First Communion, which we celebrate. With joy, we pray.

May we all be one at your eternal banquet forever. With joy, we pray.

Add your own petitions.

Collect

Lord, we thank you for the wonderful gift of your unconditional love for us. May we grow closer to you and to each other in the Sacrament of the Eucharist.

Sharing of the Blessing Cup

Pray together the Our Father or sing an appropriate song.

Dedication of the Family Blessing Cup

Opening Prayer

Loving God, we ask your blessing on us all as we dedicate this cup together, in the name of the Father, and of the Son, and of the Holy Spirit.

Scripture

The cup of blessing that we bless, is it not a sharing in the blood of Christ?
(1 Corinthians 10:16a)



Petitions

May this cup symbolize our love for each other, Lord we pray.

Response: Bless us, Lord.

May it represent a shared love which grows by your grace each day, Lord, we pray.

May it be a sign of the trust that we have in you and in each other, Lord, we pray.

May we willingly share our hopes, dreams, and fears, our joys and disappointments around our family cup of blessing, Lord, we pray.

Add your own petitions.

Collect

Holy be this cup which we raise in blessing. May we grow in a sense of mutual family love sharing in this one cup.

Sharing of the Blessing Cup

Pray together the Our Father or sing an appropriate song.