

BLESSING OF FOOD FOR THE FIRST MEAL OF EASTER



‘You shall offer the Passover sacrifice to the LORD. (...) For six days you shall eat unleavened bread, and on the seventh there shall be a solemn meeting in honor of the LORD, your God.’

ORDER OF BLESSING

The custom of blessing food for Easter arose from the discipline of fasting throughout Lent and the special Easter fast during the Easter Triduum. Easter was the first day when meat, eggs, and other foods could again be eaten. Although not of obligation, the special fast during the Triduum may still be observed as well as the tradition of blessing food for the first meal of Easter.

According to custom, food may be blessed before or after the Easter Vigil on Holy Saturday or on Easter morning for consumption at the first meal of Easter, when fasting is ended and the Church is filled with joy.

The blessing may take place suitable place.

The food which is to be blessed may be placed on a table or held by those who bring it.

These orders may be used by a layperson, who follows the rites and prayers designated for a lay minister.

INTRODUCTORY RITES

Priest: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

The minister (a layperson) greets those present in the following or other suitable words, taken mainly from sacred Scripture.

Priest: For our sake Christ became obedient, accepting even death, death on a cross. Therefore God raised him on high and gave him the name above all other names. Blessed be God for ever.

All: Blessed be God for ever.

In the following or similar words, the minister prepares those present for the blessing.

Priest: Throughout Lent we have been preparing for the resurrection of the Lord by prayer, almsgiving, and fasting. Our Lenten fasting is a reminder of our hunger and thirst for holiness which is satisfied only by Christ who feeds and nourishes us by his word and sacraments. When we gather at our first meal of Easter may this food be a sign for us of that heavenly banquet to which the Lord calls us.

The minister, in the following or similar words, invites all present to say the Lord's Prayer.

Priest: Christ taught us to pray for our daily bread and so we dare to say:

All: Our Father...

PRAYER OF BLESSING

A lay minister says the prayer with hands joined.

Priest: God of glory, the eyes of all turn to you as we celebrate Christ's victory over sin and death. Bless us and this food + of our first Easter meal. May we who gather at the Lord's table continue to celebrate the joy of his resurrection and be admitted finally to his heavenly banquet. Grant this through Christ our Lord. Amen.