

# THE BOWL FOR BLESSING

## A Family Tradition

The Bowl for Blessing is for water blessings and other rituals. The use of water for ritual has very deep and broad roots. St. John the Baptist used water to show people's desire to change their behavior. Jesus used water at the Last Supper to symbolize the type of leadership that he expected of His followers. Water is a primary symbol of Baptism. Through the centuries Catholics have blessed homes, statues, cars, boats, and people with water and prayer. In our diocese the Bishop uses water to bless farm equipment and fields at the farm blessings. Many parishes use water for a blessing of the animals on the feast of St. Francis of Assisi.

The use of water for blessing is a simple way to connect everyday objects to our life in Christ. By blessing objects with water sprinkled from the Bowl for Blessing we remind ourselves that God created all things good. Simple water blessings are a wonderful way for a family to mark a new event or life transition. It may also be used for a household washing of the feet as a reminder that we are called to serve one another.

Here is a simple prayer ritual using water:

"Let us begin, in the name of the Father, and the Son, and the Holy Spirit. Amen."

"We are here today to bless \_\_\_\_\_ and remember that this object is a gift from God. May we always use it for good and not for bad. May it serve our family and help us grow in love and respect."

Silently sprinkle water on the object.

"Let us pray in the words that Jesus gave us, Our Father..."

"Thank you God for helping us to remember that you are the source of all creation and that all things should be used to bless you. We pray this in the name of Jesus, in the presence of the Holy Spirit. Amen."

For further assistance in creating rituals for the family we recommend the Catholic Source Book by Rev. Peter Klein and The Catholic Home by Meredith Gould. Both of these resources are available through the Book and Resource List of the Office of Education of the Diocese of Belleville.