



**rites of the blessing of easter food  
and  
prayers at easter table**

*(Prepared for the St. Casimir's Parish in Toronto)*

## THE BLESSING OF EASTER FOOD

(Source: „Vademecum Liturgiczne Kapelana”, BIBLOS, Tarnów 2007, nr 134)

*On Holy Saturday, during the day, the whole family gathers around a table covered with a cloth on which a cross, lighted candles, foods prepared for blessing, and holy water are placed.*

*In places where there is a cross sign + the sign of the cross is made over the blessed food.*

*The family father or another head of the house says:*

**Let us ask Christ the Lord, always present among those who love him, to bless these foods on the Easter table.**

**Lord Jesus Christ, You told the disciples to prepare the Passover supper the day before the Passion and Death. On the day of the Resurrection, You accepted the invitation of two disciples and sat at the table with them, and in the evening you came to the Apostles to have a meal with them; we ask You, let us faithfully experience Your presence between us, during the Easter meal, and on the day of Your victory, so that we may rejoice in Your life and resurrection.**

**The living Bread which came down from heaven, and in Holy Communion give life to the world; bless + this bread and all baked goods in memory of the bread that you fed the people who listened to You persistently in the wilderness and which, after your resurrection, prepared on the lake for your disciples.**

**Lamb of God, who overcame evil and washed the world of sins; bless + this meat and all food that we will eat in remembrance of the Paschal Lamb and festive dishes that you ate with the Apostles at the Last Supper. Also, bless our salt so that it will protect us from corruption.**

**Christ, our life and resurrection, bless + these eggs, a sign of new life, as we share them with our family, loved ones and guests can also share the joy of each other that You're with us. Let us all come to Your eternal feast where You live and reign forever and ever.**

*All: Amen*

*Then sprinkle all food and those gathered with holy water.*

*The father or the head of the family encourages common prayer for families, the sick and the dead, and the following prayers are together.*

**Our Father, Hail Mary, Eternal rest.**

*Finally, parents bless their children and the spouses mark each other with the sign of the cross.*

BLESSING OF THE TABLE BEFORE THE CELEBRATORY MEAL ON SUNDAY OF THE  
RESURRECTION OF THE LORD

(Source: „Obrzędy błogosławieństw dostosowane do zwyczajów diecezji polskich”, t. 2, Katowice 2001, nr. 1347-1350)

*The father or head of the family lights a candle on the table saying:*  
**Christ is risen. Alleluia.**

*All:*  
**He is truly risen. Alleluia.**

*Then one of the participants reads the text from the Holy Bible.*

(1 Tes 5, 16-18: *Rejoice always*)

**Let us all listen to the words of Saint Paul the Apostle to the Thessalonians.**

**Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Jesus Christ.**

*Or:*

(Mt 6, 31 ab.32b-33: *Therefore do not worry, saying, ‘What shall we eat?’*)

**Let us all listen to the Holy Gospel according to Saint Matthew.**

**Jesus said to His Apostles: “Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you.**

*Before the meal:*

*Leader:* **This is the day the Lord has made. Let us rejoice and be glad, let us praise the Lord for his goodness. For behold, Jesus died and now lives forevermore. Alleluia!**

*All:* **He has gone before us. Yet he is with us for all time. Alleluia!**

*Leader:* **Lord, on this most holy day let your blessing rest upon us and upon our table. Strengthen us in this time together. We ask this in Jesus’ name.**

*All:* **Amen.**

*After the meal:*

*Leader:* **Blest are you, Lord our God, who gathers us together in Jesus’ name. We thank you for sharing your life with us, both in this meal and in all the ways you sustain us, through Christ, our Risen Lord.**

*All:* **Amen.**