

Catechetical CORNER

Blessings

Among the sacramentals, blessings hold a major place. There are blessings for persons, meals, objects, places, and special occasions. All blessings praise God for his gifts. Most blessings invoke the Holy Trinity as expressed in the Sign of the Cross—sometimes accompanied by the sprinkling of holy water.

There are blessings that consecrate persons to God: leaders of religious orders or congregations, religious men and women, virgins and widows, and others, such as readers, acolytes, and

catechists. There are blessings for vessels such as chalices or ciboria, bells, medals, rosaries, and similar objects for religious use. The text for these and other blessings may be found in the *Book of Blessings*. Making the Sign of the Cross at the beginning and the end of each day, saying morning and evening prayers, and offering a prayer before and after meals are among the most common ways to invoke God's blessing on our lives.

