



Blessing and Prayers for the St. Hildegard Meal

Make the sign of the cross together:

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

Leader: St. Hildegard, you said:

Just as a mirror, which reflects all things, is set in its own container, so too, the soul is placed in the fragile container of the body. In this way, the body is governed by the soul, and the soul contemplates heavenly things through faith.

Ask: How do each of us act like a mirror, reflecting the face of God? *(This is the opportunity to share what you like best about each other. All take turns sharing how each of you show the face of God.)*

Leader: O glorious St. Hildegard, abbess of the order of St. Benedict and Doctor of the Church, we now join in the prayer you taught us:

All repeat: *God is the foundation for everything.*

What God undertakes, God gives, so that nothing that is necessary for life is lacking.

*Because we each need a body, that at all times honors and praises God,
This body is supported in every way by the earth,
Thus, the earth glorifies the power of God.*

Ask: How does nature glorify and reflect the light of God? *(Take turns naming how creation reflects God – eg. Trees remind us of God’s ability to give us shade and rest. Rocks remind us of God’s steadfastness and stability. Vegetables and fruits remind us of God’s ability to feed us.)*

Leader: O God, by whose grace your servant Hildegard, kindled with the fire of your love, became a burning and shining light in your church, grant that we also may be aflame with the spirit of love and discipline, and walk before you as children of light. Bless this food before us, as we pray together:

All: Bless us, O Lord, and these your gifts, which we are about to receive, from your bounty. Amen.

St. Hildegard, pray for us!

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

All make the Sign of the Cross.