Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Matthew 5: 3
Blessings

I. INTRODUCTION
II. OFFICE AND MINISTERS
III. CELEBRATION OF A BLESSING
I. INTRODUCTION

A blessing recognizes that God looks favorably upon persons or things. The source from whom every good gift comes is God, who is above all blessed forever (Roman Missal, “Solemn Blessing,” 3).

The Church has instituted sacramentals (sacred signs) for the sanctification of certain ministries of the church, certain states of life, a great variety of circumstances in Christian life, and the use of many things helpful to humankind (see CCC, 1668).

II. OFFICE AND MINISTERS

BL 1. Priests may celebrate all blessings except those reserved to the Pope and Bishops (see CIC, c.1169 §2). Priests preside especially at those blessings that involve the community they are appointed to serve. The more a blessing concerns ecclesial and sacramental life, the more its administration is reserved to the ordained ministry of bishops, priests, deacons (see CCC, 1669).

BL 2. “A deacon can impart only those blessings expressly permitted by law.” (CIC, c.1169 §3)

These include:

- Liturgy of Hours;
- Baptism;
- Marriage;
- Holy communion and Viaticum outside of Mass;
- Eucharistic benediction and non-sacramental penance services.

BL 3. Laypersons may preside at certain blessings of objects, animals, harvests, before and after meals, and favors received as outlined in the Book of Blessings for use in the United States.

BL 4. Parents (guardians) may use the Book of Blessings to bless their children and to perform other household blessings.
III. CELEBRATION OF A BLESSING

BL 5. While priests may bless with or without the use of a rite, it is normative to celebrate a blessing as found in the *Book of Blessings* for the United States.