

# Blessing of St. Joseph's Table

[1679]  
On the Solemnity of St. Joseph (March 19) it is the custom in some places to bless bread, pastries, and other food and give a large portion of it to the poor.



[1697]  
All make the sign of the cross as the leader says:

Our help is in the name of the Lord.  
R/. Who made heaven and earth.

[1698]  
One of those present or the leader reads a text of sacred Scripture, for example:

Listen to the words of the holy Gospel according to Matthew: **1:18-23**

Now this is how the birth of Jesus Christ came about. When his mother Mary was betrothed to Joseph, but before they lived together, she was found with child through the holy Spirit. Joseph her husband, since he was a righteous man, yet unwilling to expose her to shame, decided to divorce her quietly. Such was his intention when, behold, the angel of the Lord appeared to him in a dream and said, "Joseph, son of David, do not be afraid to take Mary your wife into your home. For it is through the holy Spirit that this child has been conceived in her. She will bear a

son and you are to name him Jesus, because he will save his people from their sins." All this took place to fulfill what the Lord had said through the prophet:

"Behold, the virgin shall be with child and bear a son, and they shall name him Emmanuel,"

which means "God is with us."

[1699]  
Or Matthew 13:54-58—*Is this not the carpenter's son?*

[1700]  
The leader says the prayer of blessing with the hands joined:

All-provident God,  
the good things that grace this table remind us of your many good gifts.

Bless this food,  
and may the prayers of St. Joseph,  
who provided bread for your Son and food for the poor,  
sustain us and all our brothers and sisters on our journey towards your heavenly Kingdom.

Through Christ our Lord.  
R/. Amen.

—From Book of Blessings

