

Your Guide to Throwing a

Blessing Party



little rose shop
bringing faith into everyday life

What is a

Blessing Party?

A Blessing Party is a beautiful way to bless pregnant mamas and their babies through prayer and community. Each time a mother brings life into the world, a miracle is happening and is deserving of celebration. Oftentimes, once a mother has had a baby and a traditional baby shower, it may feel uncomfortable to have a baby shower again for any subsequent children because the baby essentials have already been received. However, each time a child is born, mom and family undergo another big transition and can always use prayers and encouragement even if they don't necessarily need all the "baby shower" gifts. This is where a Blessing Party can be thrown!

Blessing Parties are not about gifts (although there's no reason why it can't be combined with a baby shower or specific gift requests like meal gift cards or diapers). A Blessing Party's main purpose is to provide prayers and encouragement to mom and baby and be a time of community and spiritual motherhood as women gather to bless mom and the beautiful gift of life she is growing and bringing into the world.

How to Celebrate:

A Blessing Party involves gathering the close female friends of the pregnant mother. This can be done in a similar fashion to baby showers with a more formal invite and celebration, but it can also be a simple gathering at a coffee shop, or it can be as casual as a potluck evening together.

How you set up the gathering is up to you! The unique part of a Blessing Party involves the following components:

- Praying a Blessing over the Mother
- Praying personal intentions for Mom and Baby
- (Optional) Lighting candles and committing to lighting a candle when mom goes into labor for continued prayer
- (Optional) Creating a beaded bracelet for Mom to wear during labor that symbolizes each of her friend's prayers

Example 1

When baby #4 was on the way, my mom and friends hosted a beautiful “blessing and nesting” party for me, and it was one of my favorite events to ever happen to me—I felt so loved and taken care of. We had a gathering at my house with snacks and light treats (charcuterie and cookies) and guests were invited to bring a freezer meal or diapers as an optional gift. It was a beautiful time of fellowship. Then, during the “Blessing” portion, we all sat down and I was able to hear everyone pray their intentions over me. As each person shared their intention, they chose a bead that my mom later made into a bracelet that I wore to the hospital to remind me of their prayers. Each guest also took home a candle that they later lit while I was in labor as a reminder to say a quick prayer for me. (We had a designated friend send out an email letting all the guests know when I was heading to the hospital so they knew to light the candles.)

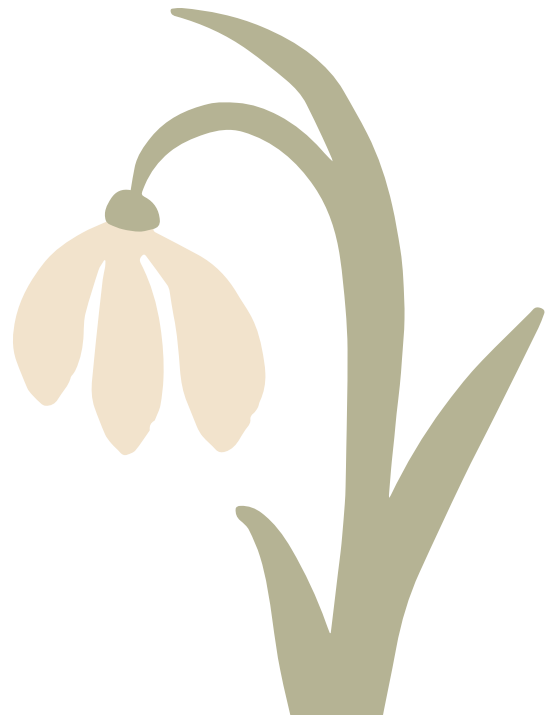
Example 2

I surprised a friend with a “Blessing” celebration during a casual playdate. Prior to the play date I asked for several friends to send in their intentions to me via email/text. Our playdate was very casual with another friend- there were three of us total. While the kids were playing in the basement we prayed the blessing prayers and read all the intentions over our pregnant mama friend. Instead of beads we each gave her a saint medal to add to a necklace of medals she already had as the reminder of all our prayers. We each took a candle to light once we heard she was in labor. The rest of the time together was spent chatting and watching our children play while we sat on the couch.

As you can see from these two examples, you can create a Blessing Party in many different ways and it can be as casual or as festive as you want!

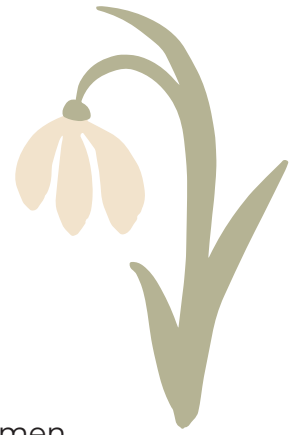
We’ve created some easy printable resources for you to use at your own Blessing Parties! We hope they are helpful and would love for you to tag us @thelitteroseshop so we can see how you celebrate!

Enjoy!



Blessing of a Mother

Before Childbirth



INTRODUCTION

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

Leader: Sisters, let us bless the Lord Jesus, who in the womb of the Virgin Mary became one of us. Blessed be God now and forever.

All: Blessed be God now and forever.

Leader: God, the Lord of life, by His will brings every human being into existence and He rules and sustains the life of every one of us. Our faith tells us of God's particular care over those born of a Christian marriage, since through the sacrament of baptism they will receive the gift of sharing in the divine life itself. The reason for the blessing of a mother-to-be is that she may wait her hour of delivery in faith and hope and, as the partner of God's own love, may already cherish with her maternal love the child in her womb.

LIGHTING OF THE CANDLES (OPTIONAL)

Leader: We light these candles as prayer and as a visual expression of our communion as we pray for [Mother's Name] and [Baby's Name] and all of the [Name] family. May the Holy Spirit bring [Mother's Name] love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control as she grows as a wife and as a mother. May [Mother's Name] see the flames of our prayer as she goes through labor before meeting her child.

READING OF THE WORD OF GOD

Leader: Sisters, let us listen to the words of the Holy Gospel according to Luke.

During those days Mary set out and traveled to the hill country in haste to a town of Judah, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the infant leaped in her womb, and Elizabeth, filled with the holy Spirit, cried out in a loud voice and said, "Most blessed are you among women, and blessed is the fruit of your womb. And how does this happen to me, that the mother of my Lord should come to me? For at the moment the sound of your greeting reached my ears, the infant in my womb leaped for joy. Blessed are you who believed that what was spoken to you by the Lord would be fulfilled."

INTERCESSIONS

Leader: Christ the Lord, the blessed fruit of Mary's womb, by the mystery of His incarnation filled the world with His grace and goodness. Let us therefore raise our voices to praise Him and give Him our intentions.

(At this point each person reads aloud the prayers that they have written down for the expecting mother.)

Optional: After they have said their prayer, they add the bead that they have been praying with to a clear elastic string and pass the beads to the next person. The string of beads is later made into a bracelet for the mom to take with her to wear during labor, to remind her that she has several sisters in Christ who are praying for her!

After each woman has prayed over the mother and her baby the service concludes as follows:

PRAYER OF BLESSING

All: Lord God, Creator of the human race, your Son, through the working of the Holy Spirit, was born of a woman, so that He might pay the age-old debt of sin and save us by His redemption. Receive with kindness the prayer of your servant [Mother's Name] as she asks for the birth of a healthy child. Grant that she may safely deliver her child to be numbered among Your family, to serve You in all things, and to gain eternal life. We ask this through Christ our Lord. Amen

All: Hail, holy Queen, Mother of mercy, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve: to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious Advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus, O clement, O loving, O sweet Virgin Mary! Pray for us oh holy Mother of God that we may be made worthy of the promises of Christ. Amen.

CONCLUDING RITE

Leader: May God, who chose to make known and to send the blessing of eternal salvation through the motherhood of the Blessed Virgin, bless us and keep us in His care, now and forever. Amen

**Adapted from: Catholic Prayer: Book of Blessings: Blessing of a Mother Before Childbirth.

ADDITIONAL REFERENCES:

<https://www.usccb.org/prayer-and-worship/sacraments-and-sacramentals/sacramentals-blessings/persons/blessing-parents-before-childbirth>

<https://aleteia.org/2023/01/01/how-to-host-a-baby-blessing-for-a-pregnant-mother/>

<https://withhopeinthedivinewill.blogspot.com/2013/10/a-catholic-birth-blessing-party.html>

Prayer Intentions

Jesus, I pray that _____ may be blessed with... _____
(baby's name)

And that she/he may bless the world in these ways... _____

I also pray for _____ that... _____
(mom's name)

With love, from: _____



Jesus, I pray that _____ may be blessed with... _____

And that she/he may bless the world in these ways... _____

I also pray for _____ that... _____

With love, from: _____



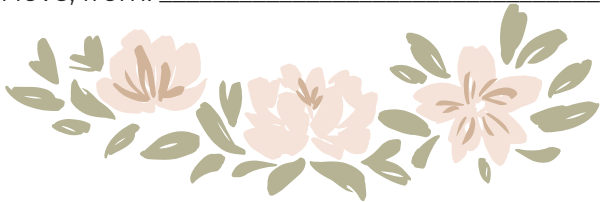
Jesus, I pray that _____ may be
(baby's name)
blessed with... _____

And that she/he may bless the world in these ways...

I also pray for _____ that...

_____ (mom's name)

With love, from: _____



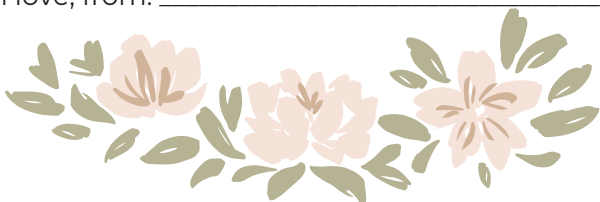
Jesus, I pray that _____ may be
(baby's name)
blessed with... _____

And that she/he may bless the world in these ways...

I also pray for _____ that...

_____ (mom's name)

With love, from: _____



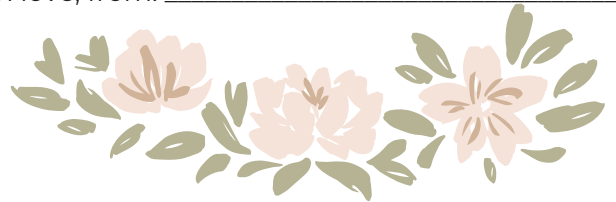
Jesus, I pray that _____ may be
(baby's name)
blessed with... _____

And that she/he may bless the world in these ways...

I also pray for _____ that...

_____ (mom's name)

With love, from: _____



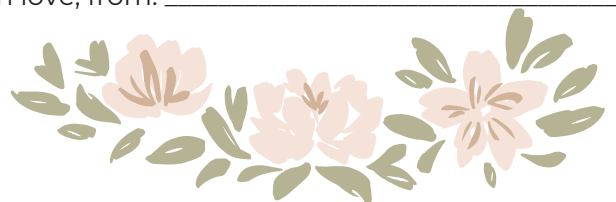
Jesus, I pray that _____ may be
(baby's name)
blessed with... _____

And that she/he may bless the world in these ways...

I also pray for _____ that...

_____ (mom's name)

With love, from: _____



Printable Candle Wrap

- Designed for the standard dollar store tall candles
- Print, cut, and wrap around candle
- Secure with tape
- Tag @TheLittleRoseShop so we can see!



○

Light the candle and say a prayer once labor has started so mama and baby are covered in prayers throughout labor and delivery.

♡

Candle Tag

Cut out and tie this tag to the candle with a ribbon to remind party guests to pray!

Printable Candle Wrap

- Designed for the standard dollar store tall candles
- Print, cut, and wrap around candle
- Secure with tape
- Tag @TheLittleRoseShop so we can see!



○

Light the candle and say a prayer once labor has started so mama and baby are covered in prayers throughout labor and delivery.

♡

Candle Tag

Cut out and tie this tag to the candle with a ribbon to remind party guests to pray!