Our Blessing Cup

NAMED-LOVED-CHIPPED-BLESSED

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Based on: The Cup of Life: A Guide to Spiritual Growth Joyce Rupp

Dear Parents,

This year, as part of our First Communion preparation, the First Communicants and their parents will be making "Blessing Cups". The blessing cup is part of an ancient Jewish custom which is now incorporated into our modern day celebration of the Eucharist. Using it as a family symbol, the blessing cup is a symbol of togetherness and used as a means to strengthen family bonds. By using it, the many emotions a family experiences in their daily lives can be expressed. The many opportunities for celebrating with a blessing cup is varied and can be tailored by each individual family. Birthdays, anniversaries, holy days, sacrament celebrations, births, deaths, or any occasions that call for special attention are all good days to use your child's blessing cup. At a later date, a book will be given to you to assist you in planning such celebrations.

To prepare for this event, we are asking you to prayfully go through this packet with your child before you come to make their blessing cup. As you decorate your cup, please remember that meaningful symbols are encouraged to be used over words in any of these categories, except for the child's name. Please use this as an opportunity to share stories with your child as you go through this packet from your own faith experience. Also, consider keeping this packet with your child's First Communion memorabilia so they can reference it in years to come. Some quick tips:

Glasses are 10 oz. wine glasses. We will use paint pens to decorate.

NAMED: We are all given a unique name when we are born. It is the first gift we are given. Our name is how we identify our self to others and even to God, when we are baptized as His children. Help your child think of a creative way to express their name on their cup.

LOVED: God loves us so much that He makes us different and unique from those around us. No two people are exactly alike, even identical twins have differences. Use this page to discuss your child's divine specialness. Think of symbols your child can use to express their uniqueness to remind them of how much God loves them.

CHIPPED: Because of our sinfulness, we are not complete or perfect persons. Only God can make us whole. It's our imperfections that keep us humble and that make us rely on Jesus' saving and redeeming love, found in the Eucharist. When we approach the Table of the Lord, we bring our gifts and our flaws to the Lord. Help your child think of ways they would like to improve. This could be by developing character traits, working on certain virtues, or even honing in on new skills. . Think of symbols your child can use to express the ways they would like to improve.

BLESSED: God's blessings in our lives are abundant. Please remember that we are blessed by people, not things. God wants us to be a blessing to others too. Discuss with your child who they bless and who is a blessing in their lives. Again, think of symbols to creatively express this on your cup.

As you complete this project with your child, please remember that these cups should represent your child's life. When we approach the Table of the Lord, we bring Him our whole self, imperfect as we may be. These cups should be a meaningful activity that you participate in with your child and not a perfect art project to complete.

We hope that you have an opportunity to use this special piece. It's a very meaningful way to pray as a family and will hopefully become a part of your family's traditions. May your blessing cup overflow with grace and goodness in the years to come!

The Blessing Cup you make today will be presented to your child at the First Communion Potluck Supper on Tuesday, April 2nd.

NAMED

Your name was the first gift you received, usually given to you by your parents. It's how you identify yourself to others.

- **Is there a special reason for your name?**
- **Were you named after a family member or Saint?**
- **Is there a story behind your name?**

Practice writing your name and how you would like it to look on your cup.

LOVED

God loves us very much and wants others to love us too. We all have gifts and talents that make us unique.

- **Think of five things that you are really good at and make you unique from others. Write those down.**

1.

2.

3.

4.

5.

Think of a way you could draw 1 or 2 of these things on your blessing cup. Practice drawing them here.

CHIPPED

Because of our sins, we are not complete or perfect persons. Only God can complete us. We all have chips, flaws, and cracks. It's our imperfections that make us rely on God's love so much. Remember, that's a good thing! But, God wants to try to make ourselves better. That's why we go to reconciliation.

- **Think of some ways that you'd like to improve yourself. Write those down.**

1.

2.

3.

Think of a way that you could draw one of these on your blessing cup. Practice drawing it here.

BLESSED

We have all been created in the image of God. God blesses in in many ways. Remember people bless us, not things. Using our gifts, He wants us to be a blessing to others as well.

- **Who have you been a blessing to? In what ways are you a blessing to others around you?**

- **Who has blessed you? How so?**

Draw or write the names of people who you have blessed and to whom you have been blessing to. Think about how you would want it to look on your cup.