

Benedictio Mulieris Praegnantis
in periculis partus

Blessing of an Expectant Mother
at the approach of confinement

(In the Middle Ages it was customary for a pastor to announce from the pulpit on Sundays the names of women whose time of childbirth was close at hand, and to ask the people's prayers for them. But his solicitude did not stop there. He also visited the homes of such women, first said prayers outside the home, and then entered and administered the sacraments and the sacramentals of the Church. Without going quite to these lengths today, an occasional word of instruction about this very fine blessing would encourage some women to present themselves for it.)

S: Adjutorium nostrum in nomine Domini.

P: Our help is in the name of the Lord.

R: Qui fecit caelum et terram.

All: Who made heaven and earth.

S: Salvam fac ancillam tuam.

P: Save your servant.

R: Deus meus sperantem in te.

All: Who trusts in you, my God.

S: Esto illi Domine turris fortitudinis.

P: Let her find in you, Lord, a tower of strength.

R: A facie inimici.

All: In the face of the enemy.

S: Nihil proficiat inimicus in ea.

P: Let the enemy have no power over her.

R: Et filius iniquitas non apponat nocere ei.

All: And the son of iniquity be powerless to harm her.

S: Mitte ei Domine auxilium de sancto.

P: Lord, send her aid from your holy place.

R: Et de Sion tuere eam.

All: And watch over her from Sion.

S: Domine exaudi orationem meam.

P: Lord, heed my prayer.

R: Et clamor meus ad te veniat.

All: And let my cry be heard by you.

S: Dominus vobiscum.

P: The Lord be with you.

R: Et cum spiritu tuo.

All: May He also be with you.

Oremus. Omnipotens sempiternus Deus, qui dedisti famulis tuis in confessione verse fidei aeternae Trinitatis gloriam agnoscere, et in

Let us pray. Almighty everlasting God, who enable us, your servants, in our profession of the true faith, to acknowledge the glory of the three Persons in the eternal Godhead, and to

potentia majestatis adorare unitatem:
quaesumus; ut ejusdem fidei firmitate
haec famula tua **N.** ab omnibus semper
muniatur adversis. Per Christum Dominum
nostrum.

R: Amen.

Oremus. Domine Deus, omnium Creator, fortis
et terribilis, justus et misericors, qui solus bonus
et pius es; qui de omni malo liberasti Israel,
faciens tibi patres nostros dilectos, et
sanctificasti eos manu Spiritus tui; qui gloriosae
Virginis Mariae corpus et animam,
ut dignum Filii tui habitaculum effici mereretur,
Spiritu sancto cooperante praeparasti; qui
Joannem Baptistam Spiritu sancto replesti, et in
litero matris exsultare fecisti: accipe sacrificium
cordis contriti, ac fervens desiderium famulae
tuae **N.**, humiliter supplicantis pro
conservatione prolis, quam ei dedisti concipere:
custodi partem tuam, et ab omni dolo et injuria
duri hostis defende; ut obstetricante manu
misericordiae tuae foetus ejus ad lucem
prosperè veniat, ac sanctae generationi servetur,
tibi in omnibus jugiterdeserviat, et vitam
consequi mereatur aeternam. Per eundem
Dominum nostrum Jesum Christum Filium
tuum: qui tecum vivit et regnat, etc.

R: Amen.

**Deinde Mulier aspergatur aqua benedicta, et
interim dicatur:**

Psalmus 66

Deus misereatur nostri, et benedicat nobis *
illuminet vultum suum super nos, et misereatur
nostri.

Ut cognoscamus in terra viam tuam: * in
omnibus gentibus salutare tuum.

Confiteantur tibi populi Deus: * confiteantur
tibi populi omnes.

adore their oneness of nature, their co-equal
majesty; grant, we pray, that by steadfastness in
that faith this servant of yours, **N.**, may ever be
guarded against all adversity; through Christ our
Lord.

All: Amen.

Let us pray. Lord God, Creator of all things,
mighty and awesome, just and forgiving, you
alone are good and kind. You saved Israel from
all manner of plagues, making our forefathers
your chosen people, and hallowing them by the
touch of your Spirit. You, by the co-operation
of the Holy Spirit, prepared the body and soul
of the glorious Virgin Mary to be a worthy
dwelling for your Son. You filled John the
Baptist with the Holy Spirit, causing him to leap
with joy in his mother's womb. Accept the
offering of a humble spirit, and grant the
heartfelt desire of your servant, **N.** who pleads
for the safety of the child you allowed her to
conceive. Guard the life that is yours; defend it
from all the craft and spite of the pitiless foe.
Let your gentle hand, like that of a skilled
physician, aid her delivery, bringing her
offspring safe and sound to the light of day.
May her child live to be reborn in holy baptism,
and continuing always in your service, be found
worthy of attaining everlasting life; through
Christ our Lord.

All: Amen.

**The priest sprinkles the woman with holy water
and then adds the following:**

Psalm 66

P: May God have pity on us and bless us; * may
He let His face shine upon us.

All: So may His way be known upon earth; *
among all nations, His salvation.

P: May the peoples praise you, O God; * may
all the peoples praise you.

Laentur et exsultent gentes: * quoniam iudicas
populos in aequitate, et gentes in terra dirigis.

All: May all the nations be glad and exult
because you rule the peoples in equity; * you
guide the nations on earth.

Confiteantur tibi populi Deus: confiteantur tibi
populi omnes: * terra dedit fructum suum.

P: May the peoples praise you, O God; * may
all the peoples praise you.

Benedicat nos Deus, Deus noster, benedicat
nos Deus: * et metuant eum omnes fines terrae.

All: The earth has yielded its fruits; * God, our
God, has blessed us.

P: May God bless us, * and may all the ends of
the earth fear him.

Gloria Patri. Sicut erat.

All: Glory be to the Father.

P: As it was in the beginning.

S: Benedicamus Patrem, et Filium, cum sancto
Spiritu.

P: Let us bless the Father, the Son, and the
Holy Spirit.

R: Laudemus et superexaltemus eum in saecula.

All: Let us praise and glorify Him forever.

S: Angelis suis Deus mandavit de te.

P: God has given His angels charge over you.

R: Ut custodiant te in omnibus viis tuis.

All: To guard you in all your paths.

S: Domine exaudi orationem meam.

P: Lord, heed my prayer.

R: Et clamor meus ad te veniat.

All: And let my cry be heard by you.

S: Dominus vobiscum.

P: The Lord be with you.

R: Et cum spiritu tuo.

All: May He also be with you.

Oremus. Visita, quaesumus Domine,
habitationem istam, et omnes insidias inimici ab
ea, et a praesenti famula tua **N.** longe repelle:
Angeli tui sancti habitent in ea, qui eam et ejus
prolem in pace custodiant, et benedictio tua sit
super eam semper. Salva eos, omnipotens
Deus, et lucem eis tuam concede perpetuam.
Per Christum Dominum nostrum.

Let us pray. Lord, we beg you to visit this
dwelling, and to drive away from it and from
this servant of yours, **N.**, all the enemy's wiles.
Let your holy angels be appointed here to keep
her and her offspring in peace; and let your
blessing ever rest upon her. Save them,
almighty God, and grant them your everlasting
light; through Christ our Lord.

R: Amen.

All: Amen.

Benedictio Dei omnipotentis, Patris, et Filii,
et Spiritus sancti, descendat super te, et prolem
tuam, et maneat semper.

May the blessing of almighty God, Father, Son,
and Holy Spirit, come on you and your child,
and remain with you forever.

R: Amen.

All: Amen.