

# LO-HEI!

## THE CHRISTIAN WAY

- Before you begin the *lo-hei*, explain to your guests that you will be conducting the *lo-hei* in a new way.
- Say the greetings and blessings to your guests enthusiastically.
- At the end, invite your guests to join in with the prayer on their card.

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1. When all the items are on the table, start off by offering a New Year greeting:  
“新年蒙福 (*xin nian meng fu*) - May you be blessed this new year!”
  2. Add fish slices:  
“年年有余 (*nian nian you yu*) –The Lord provides in abundance.” (Job 36:31)
  3. Add pomelo or lime over the fish:  
“大吉大利 (*da ji da li*) –The Lord will turn the darkness into light ...”  
(Is 42:16)

4. Add pepper / five spice powder:  
“五福临门 (*wu fu lin men*) –Multiple blessings will come upon us.” (Deut 28:2)
5. Add oil sauce in a circular motion:  
“顺顺利利 (*shun shun li li*) –Praise the Lord for anointing us with the oil of joy.” (Ps 45:7)
6. Add plum sauce:  
“甜甜蜜蜜 (*tian tian mi mi*) – His Word is sweet.” (Ps 119:103)
7. Add peanuts:  
“金玉满堂 (*jin yu man tang*) - The house of the righteous is filled with treasures.” (Prv 15:6)
8. Add deep-fried flour crisps shaped like pillows:  
“满地黄金 (*man di huang jin*) –Streets of gold have been prepared for us to live in eternity.” (Rev 21:21)

## **The Tossing**

All toss the salad towards the centre of the dish 7 times (the biblical perfect number) with shouts of “*Lo-Hei!*” and all close with a prayer for one another.

*(request guests to refer to prayer card)*



(礻，一，口，田)

- “礻” this radical is used to represent God;  
“一口” literally “one mouth” or “first mouth”,  
and refers to Adam, God’s first  
human creation;  
“田” means a field or garden,  
and refers to the Garden of Eden  
“福” therefore represents God’s grace as  
enjoyed by the first man, Adam, in  
the Garden of Eden.

## **A Blessing Prayer for One Another**

May everything you do be  
*Ho-say* (good),  
everything you eat be  
*Ho-jia* (tasty),  
every friend you have and make be  
*Ho peng you* (good friend)  
everyday live a  
*Ho-mia* (good) life,  
and work days become like  
Holy-days this year.

May the Lord bless you and keep you,  
The Lord make His face shine upon you  
and be gracious unto you  
The Lord lift up His countenance  
upon you  
and give you peace. Amen.