For good food and good friends, thank you Lord. Amen

**For food in a world where many walk in hunger; For faith in a world where many walk in fear;  
For friends in a world where many walk alone; We give you thanks, O Lord. Amen**

For food that gives us life and friends that give us love of life, thanks be to God. Amen

**Dear Lord, we thank you for this food, and we ask that you bless it and make it to nourish our bodies. Thank you for the time we have together and bless the fellowship we share. Amen**

**Bless our friends. Bless our food. Come, O Lord and sit with us.**

**May our talk glow with peace; Come with your love to surround us.**

**Friendship and love, may they bloom and glow, bloom and glow forever.**

**Bless our friends, bless our food, bless all mankind forever.**

***(sung to the tune of Edelweiss)***

Thank you, Lord, for this food, and bless the hands that prepared it. Amen

**Thank you for the food we eat. Thank you for the world so sweet. Thank you for the birds that sing. Thank you God for everything. Amen**

**3**

**Bless the food before us, the family beside us, and the love between us. Amen**

**Bless our friends. Bless our food. Come, O Lord and sit with us.**

**May our talk glow with peace; Come with your love to surround us.**

**Friendship and love, may they bloom and glow, bloom and glow forever.**

**Bless our friends, bless our food, bless all mankind forever.**

**(sung to the tune of Edelweiss by )**

*Celtic Prayer From Sister Susan,*

*Nada Hermitage, Crestone, Colorado*

Deep peace

of the shining star to you,

Deep peace of the running wave to you,

Deep peace of the quiet earth to you,

Deep joy of the leaping fire to you,

Deep peace of the Son of Peace to you.

Lord bless my family and may they be nice when they realize I dropped the food on the floor twice. Amen

**For what we are about to receive, may the Lord make us truly thankful. And may we always be mindful of the needs of others, for Jesus sake, Amen**

**1**

God, we thank you for this food, for rest and home and all things good, for wind and rain and sun above. But most of all for those we love. Amen

**The food which we are about to eat**

**Is Earth, Water, and Sun, compounded through the alchemy**

**Of many plants**

**Therefore Earth, Water and Sun will become part of us.**

**This food is also the fruit of the labor of many**

**Beings and creatures.**

**We are grateful for it.**

**May it give us strength, health, joy,**

**And may it increase our love. - *Unitarian Prayer***

For each new morning with its light, for rest and shelter of the night, for health and food, for love and friends, for everything Thy goodness sends. – Ralph Waldo Emerson

**To God who gives me food each day and shows His love in every way. In all the things I say and do, I'll try to show my love for you. Amen**

Native American thanks giving:

We give thanks for the plants and animals who have given themselves so that we can enjoy this meal together.  
We also give thanks for our friends and family who have traveled here today.   
May this meal bring us strength and health.

2

**Grant your blessings to this food, that it may nourish us and strengthen us to do your will and to serve those who go without. Amen**

**A Secular Grace:**

For what we are about to receive   
let us be truly thankful   
…to those who planted the crops   
…to those who cultivated the fields   
…to those who gathered the harvest.

For what we are about to receive   
let us be truly thankful   
to those who prepared it and those who served it.

In this festivity let us remember too   
those who have no festivity   
those who cannot share this plenty   
those whose lives are more affected than our own   
by war, oppression and exploitation   
those who are hungry, sick and cold

In sharing in this meal   
let us be truly thankful   
for the good things we have   
for the warm hospitality    
and for this good company.

4

**Pause to Listen**

**A Little Book of Table Graces**



