

After the meal ends and before everyone dashes off to other activities, pause for just a moment to savor the food, and then close with this brief prayer.



## Bless Us, Oh Lord... and these, thy gifts

**Leader:** Bless us, Oh Lord, and these thy gifts...

**All:** Thanks for {name who it was} who cooked this meal for us today. THANKS, \_\_\_\_\_!

Take a moment to look around the table, looking everyone in the eye.

**Leader:** Bless us, Oh Lord, and these thy gifts...

**All:** {addressed to everyone at the table} Thanks for all of us who shared this. Thanks for being here and thanks for your love.

**Leader:** Bless us, Oh Lord, and these thy gifts...

**All:** Thanks for being with us, Jesus. Thanks for teaching us how to love. Thanks for leading us to love and take care of all those who are suffering. We love you and we promise to love all your children, whoever or wherever they may be. Amen.



### As we gather for this meal

- ♦ Is it possible to turn off the television, the internet, and the phones for a while?
- ♦ Set the table with a touch of beauty, using candles, flowers, and decorations.
- ♦ Have quiet music playing in the background to facilitate a sense of celebration.



Someone is chosen to serve as the Leader. You can take turns being leader and use this prayer day after day. It's not necessary to join hands if you are holding this leaflet.

**Leader:** Let's quiet ourselves now for prayer. We begin:

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

Go around the table, taking turns praying the lines of this prayer.

**Leader:** God of Love, we pray that we may be truly grateful for the many, many good things that we enjoy here today.

**Person 1:** We are thankful for the air we breathe, the fresh water we have to quench our thirst, and the beauty of this world where we live.

**Next Person:** In the world around us there are many who are hungry.

**Next Person:** Many people are homeless or are suffering health problems.

**Next Person:** Many live with the fear of war, violence, abuse, or neglect.

**Next Person:** A lot of people are lonely and don't have families or friends to support them.



**Leader:** Jesus teaches us to reach out beyond our own door to help those who are poor or vulnerable.

Everyone at the table now raises one hand over the food to bless it.

**Leader:** Bless us, Oh Lord, and these thy gifts...

**All:** Guide and protect those people who give their time and money to help hurting people everywhere.

**Leader:** Bless us, Oh Lord, and these thy gifts...

**All:** May this food give us the strength to help the hungry, thirsty, and homeless.

**Leader:** Bless us, Oh Lord, and these thy gifts...

**All:** May our love here at this table increase as we share this meal.

**Leader:** Bless us, Oh Lord, and these thy gifts...

**All:** May those who are not with us here at this table today know how much we love them.

**Leader:** We ask your blessing on the food that has been prepared for us. Thank you for the hands that have prepared it. Help us to live a life of cheerfulness and to have faith in all that is good. May we be worthy of your love.

**All:** Amen. Let's eat!

