

# Graces

Updated May 20, 2010

## Singing Graces

### For Health and Strength

For health and strength  
\* and daily bread  
We give Thee thanks O Lord

\* *second group enters here*

### Alphabet Grace

(Tune: *Alphabet Song*)

A-B-C-D-E-F-G  
Thank you, God for feeding me.

### Johnny Appleseed Grace

Oh, the Lord is good to me,  
And, so I thank the Lord  
For giving me the things I need  
The sun and the rain and the apple seed;  
The Lord is good to me.  
Hallelujah!

### Praise Be To God

(Tune: *Windy*)

Praise be to God, the Father Almighty.  
Praise be to God, who gives us this bread.  
Praise be to God, the Spirit eternal.  
Praise be to God forever.

### God Our Father

(Tune: *Are you sleeping*)

God, our Father,  
God, our Father,  
Once again, once again,  
We would ask Thy blessing;  
We would ask Thy blessing.  
Amen, Amen.

### Morning is Here (Version 1)

Morning is here  
Come bow your head  
Thanks be to God  
Who gives us bread.  
Praise God for bread!

### Morning is Here (Version 2)

Morning is here  
The board is spread  
Thanks be to God  
Who gives us bread.  
Praise God for bread!

### Addam's family Grace

(Tune: *Addam's Family Theme*)

We thank you God for giving  
The food we need for living.  
Be with us while we eat it  
The Echo family.

Ah-ah-amen (*snap fingers 2x*)

Ah-ah-amen (*snap fingers 2x*)

Ah-ah-amen, ah-ah-amen

Ah-ah-amen. (*snap fingers 2x*)

### For Food, For Raiment

For food, for raiment,  
For life, for opportunity,  
For FRIENDSHIP and fellowship,  
We thank Thee, O Lord.

### Thank You For The World So Sweet

Thank You, for the world so sweet,  
Thank You, for the food we eat,  
Thank You, for the birds that sing,  
Thank You, God, for everything.

### Bless Our Friends

(Tune: *Edelweiss*)

Bless our friends, bless our food,  
Come, oh, Lord and be with us.  
May our words, glow with peace;  
May your love surround us.  
Friendship and love may it bloom and grow;  
Bloom and grow, forever.  
Bless our friends, bless our food.  
Come, oh, Lord and be with us.

### Traditional Camp Graces

#### *Breakfast:*

Gracious giver of all good,  
Thee we thank for rest and food,  
Grant that all we do or say  
In Thy service be this day.

#### *Lunch:*

Father, for this noonday meal,  
We would speak the grace we feel.  
Health and strength we have from thee.  
Help us, Lord, to faithful be.

#### *Dinner:*

Tireless guardian on our way  
Thou hast kept us well this day.  
While we thank thee, we request,  
Care and safety, pardon rest.

### Gracias Señor Hallelujah

Gracias, Señor, Hallelujah  
Gracias, Señor, Hallelujah  
Gracias, Señor, Hallelujah  
Gracias, Señor

### Doxology

Praise God from whom all blessings flow.  
Praise Him, all creatures here below.  
Praise Him above the heavenly hosts.  
Praise Father, Son, and Holy Ghost

Amen, Amen, Amen, Amen  
Amen, Amen, Amen, Amen  
Amen, Amen, Amen, Amen  
Amen, Amen, Amen, Amen

### Yankee Doodle Grace

*(Tune: Yankee Doodle )*

Thank you for this food, thank you for  
This food thank you for this  
Food thank you for this food thank you  
For this food thank you for  
Thi-is food thank you for this  
Food thank you for this food!

### God Is Great God Is Good

*(Tune: Michael Row The Boat)*

God is great and God is good, Alleluia.  
Let us thank Him for our food, Alleluia.  
By His hand we all are fed, Alleluia.  
Thank you, Lord, for daily bread, Alleluia

### Lord We Thank Thee

*(Tune: Are you sleeping)*

*(All together, or three part round)*

Lord we thank Thee  
Lord we thank Thee  
For this food, for this food,  
And we ask Thy blessing;  
And we ask Thy blessing.  
Amen, Amen.

### **Spoken Graces**

God is great, and God is good,  
And we thank him for this food.

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.

We thank you, God, for this food  
And pray you'll bless it to our good;  
Help us live your name to praise  
In all we do through all our days.

We thank thee, God, for thy care  
And for thy bounty everywhere;  
For this and every other gift,  
Our grateful hearts to thee we lift.

To God who gives us daily bread  
A thankful song we raise,  
And pray that he who sends us food  
Will fill our hearts with praise.

### **Non-Denominational**

Creator, Sustainer and Life-giver, Bless this food to our use, and us to your service, make us grateful for all your mercies, and mindful of the needs of others. Amen.

### **Hinduism**

This ritual is one.  
The food is one.  
We who offer the food are one.  
The fire of hunger is also one.  
All action is one.  
We who understand this are one.

### **Hinduism**

May the Lord accept this, our offering, and bless our food that it may bring us strength in our body, vigor in our mind, and selfless devotion in our hearts for His service.

### **Native American**

Now that we are about to eat, O Great Spirit, give our thanks to the beasts and birds whom You have provided for our hunger; and pray deliver my sorrow that living things must make a sacrifice for our comfort and well-being. Let the feather of corn spring up in its time and let it not wither but make full grains for the fires of our cooking pots, now that we are about to eat.

### **Native American**

We thank the Great Spirit for the resources that made this food possible; we thank the Earth Mother for producing it, and we thank all those who labored to bring it to us. May the Wholesomeness of the food before us, bring out the Wholeness of the Spirit within us.

### **Islam**

We have awoken, and all of creation has awoken, for Allah, Lord of all the Worlds. Allah, I ask You for the best the day has to offer, victory, support, light, blessings and guidance; and I seek refuge in You from the evil in it, and the evil to come after it.”

### **Buddhism**

The joys and pains of all beings are present in the gift of this food. Let us receive it in love and gratitude ... and in mindfulness of our sisters and brothers among living beings of every kind who are hungry or homeless, sick or injured, or suffering in any way.

**Vegetarian**

We thank God for all the food placed before us for which no living creature has been sacrificed, and may there be peace on earth. Amen.

**New Age**

From forest and stream,  
From mountain and fields,  
From the fertile Earth's nourishing yields,  
We now partake of the Divine Energy,  
May it lend us health strength and love.

**New Age**

Mother of Plenty  
Bless this Bread  
Father of the Grain  
Lend Your Seed  
Let it nourish Heart and Head  
Let it nourish Thought and Deed  
Let its breaking be a Spell  
That hungry mouths be fed as well  
And let its eating keep Us  
Free as is our Will.  
So Mote it Be!

**New Age**

Goddess, bless this food you have given us.  
Let it be filled with your divine energy  
So that we will be healthy and live long and happy lives.  
Goddess bless!  
Blessed be!

**New Age**

O Lady of the Harvest, bounteous Cerridwen,  
For the meat and bread that sustain us,  
And the wine that brings us joy,  
We thank you and promise you,  
That we will never use the strength  
Derived from your gifts,  
To willfully harm your creatures or violate your laws.

**New Age**

For the golden corn and the apples on the trees,  
For the golden butter and the honey from the bees,  
For the fruits and nuts and berries we gather on our way,  
We praise the loving Mother Earth  
And thank Her everyday.

**Baha'i**

He is God! Thou seest us, O my God, gathered around this table, praising Thy bounty, with our gaze set upon Thy Kingdom. O Lord! Send down upon us Thy heavenly food and confer upon us Thy blessing. Thou art verily the Bestower, the Merciful, the Compassionate.

**Judaism**

Blessed art Thou, Lord our God,  
King of the universe,  
Who brings forth bread from the earth.

**Multifaith**

Blessed be the Earth for giving birth to this food  
Blessed be the Sun for nourishing it  
Blessed be the Wind for carrying its seed  
Blessed be the Rain for quenching its thirst.  
Blessed be the hands that helped to grow this food,  
To bring it to our tables  
To nourish our minds, bodies, and spirits.  
Blessed be our friends, our families, and our loved ones.  
Blessed Be.

**Multifaith**

Today may we appreciate this food  
And remember those who are hungry.  
May we appreciate our family and friends  
And remember those who are alone.  
May we appreciate our health  
And remember those who are sick.  
May we appreciate the freedoms we have  
And remember those who suffer injustice and tyranny.  
Peace on earth. Amen.

**Sufi**

O Thou  
Sustainer of our body, heart, and soul  
Bless all we receive  
In thankfulness  
Amen

**Aztec**

Lord most giving and resourceful,  
I implore you;  
make it your will  
that these people enjoy  
the goods and riches you naturally give,  
that naturally issue from you,  
that are pleasing and savory,  
that delight and comfort,  
though lasting but briefly,  
passing away as if in a dream.

**Judaism**

Blessed is The Lord our God,  
Sovereign of the universe,  
Who sustains the entire world  
With goodness, kindness and mercy.  
God gives food to all creatures,  
For God's mercy is everlasting.  
Through God's abundant goodness  
We have not lacked sustenance,  
And may we not lack sustenance forever,  
For the sake of God's great name.  
God sustains all, does good to all,  
And provides food for all the creatures  
Whom God has created.  
Blessed is The Lord our God,  
Who provides food for all.

### **Non-Denominational**

May this food and drink nourish our bodies.  
May this gathering lift our spirits,  
open our hearts and make us glad  
For the loving blessings of friends and family.

#### **adapted from an East Indian Prayer**

Oh loving and merciful one,  
grant us an understanding heart  
and a mind balanced  
with faith and wisdom.  
Help us to behold you in all your  
countless names and forms;  
moving through the heavens,  
within the depths of the living oceans,  
on the mountains, in the valleys,  
and here in the hearts of one another  
as we gather together, now.

#### **by Robert Louis Stevenson**

Behold our family here assembled.  
We thank you for this place in which we dwell.  
For the love that unites us,  
for the peace accorded to us this day,  
For the hope with which we expect tomorrow;  
For the health, the work, the food  
and the bright skies  
that make our lives delightful,  
And for our friends in all parts of the earth.

#### **by Ralph Waldo Emerson**

For each new day with its light,  
For rest and shelter of the night,  
For health and food, for love and friends,  
For everything Thy goodness sends,  
Let us be thankful now.

#### **by Eugene Pickett**

For the expanding grandeur of Creation,  
galaxies beyond galaxies, filling us with awe  
and challenging our imaginations,  
We give thanks this day.

For this glorious planet earth,  
its tides, sunsets, and seasons,  
We give thanks this day.

For our community, our common past  
and future hope ...  
We give thanks this day.

We pray that we may not live by our fears  
but by our hopes,  
not by our words but by our deeds.  
We give thanks this day.

### **by Ted Berkold**

For the sleep of trees in winter and work to be done,  
for the promise of peace, and hope for tomorrow  
We give our thanks.

For the warmth of the sun in spring, the food on  
our tables, and drink in our glasses here in this room  
We give our thanks.

For the gathering of friends here today,  
and for our kindred spirits around the world ...  
We give our thanks.

For just as life gives us friends, our friends give us life.

#### **based upon a traditional Christian blessing**

Today let us live gently, live simply, live hopefully,  
and live kindly, trusting in God's goodness  
to keep us safe whatever may befall us.  
And bless us in our daily walk to serve others.

#### **attributed to Muhammad Ali**

We must watch our thoughts because they become words  
Choose our words because they become actions  
Understand our actions because they become habits  
Study our habits because they become character  
Develop our character because for it becomes our destiny.  
Can we leave a greater legacy than a life well lived?  
Service to others is the rent we pay  
for our room here on earth.

#### **by Brother David Steindl-Rast**

You, the one for whom on different paths,  
all of us have come.  
To whom, on different paths, all of us are going.  
Make strong in our hearts that which unites us.  
Build bridges across all that divides us.  
United, make us rejoice in our diversity;  
At one in our witness to your peace,  
the full spectrum of your glory.

#### **attributed to Chinese Philosopher, Lao Tzu**

If there is a light in the soul,  
There will be beauty in the person.  
If there is beauty in the person,  
There will be harmony in the house.  
If there is harmony in the house,  
There will be order in the nation.  
If there is order in the nation,  
There will be peace in the world.

#### **... and end any of the above with ...**

Creator, Sustainer, and Life-giver,  
Bless this food to our use, and us to your service,  
make us grateful for all your mercies,  
and mindful of the needs of others.