

Grace Before Meals

Celebrating the “Year of the Family 2018”

The Irish family have grown from consisting of mainly one faith, Roman Catholic, to being a family of many faiths (beliefs), more reflecting the world at large.

In an effort to bring people closer together we have included three grace before meals, one which is common to Buddha and Humanism, a second common to the Jewish, Muslim, Mormon faiths, and a third common to all Christian faiths.

Let us bring the grace before meals back to each individual home, for the good of the family and of the whole community. If you are eating alone at anytime why not ring someone and ask them would they like to share grace with you, they most likely are eating at the same time as you.

Best Wishes.

– Gerald Donnelly

Website: www.graceB4meals.net

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

Amen.

“A Universal Prayer” Grace Before Meals

Mother Earth

This food is the gift of the whole universe – the earth, the sky and much hard work.

May we live in a way that makes us worthy to receive it.

May we transform our unskilled states of mind, especially our greed.

May we take only foods that nourish us and prevent illness.

We accept this food so that we may realise the path of practice.

AMEN.

Old Testament

Blessed are You Lord, our

God, King of the Universe

Who brings forth bread
from the earth.

AMEN.



New Testament

We thank you Lord for the gift of food you have given us.

May we remember those who go without food everyday.

Through Christ our Lord.

AMEN.