

## **Grace at Meals**

For health and food, for love and friends.

For everything your goodness sends, Father in Heaven we thank you.

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

Thank you God for the hands that prepared it.

And bless with strength we who will eat it. Amen.

Bless us our Lord, as we meet at this table.

We thank you for the meal before us.

And Oh God, we think of those whose pots and pans are empty

Who starve and die for lack of plenty.

Amen.