

# Graces from Many Traditions

## **Graces from Many Traditions**

### **1. Unitarian Tradition--The Bread We Share (Adapted from Rudolph Nemser, UU Minister)**

The bread we share this day is sacred.

The drink we share this day is sacred.

The friendship we share this day is sacred.

The laughter we share this day is sacred.

The stillness we share this day is sacred.

For bread, for friends, for joy and sorrow, for the comfort of quietness:

Let us ever be grateful and caring.

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**2. Christian Tradition--A Protestant Meal Blessing**

For what we are about to receive,

May the Lord make us truly thankful. Amen.

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**3. Hindu Tradition--A Hindu Meal Blessing**

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.

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**3. Hindu Tradition--A Hindu Meal Blessing**

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.

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**4. Christian Tradition--A Roman Catholic Grace**

Bless us, O Lord,

And these, thy gifts which we are about to receive  
through thy Bounty.

Through Christ, our Lord

Amen

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**4. Christian Tradition--A Roman Catholic Grace**

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**5. Jewish Tradition--Jewish Meal Prayer**

Baruh atah adonai eloheinu meleh haolam borei pri haggafen.

Blessed are you, Lord our God,

Ruler of the universe,

creator of the fruit of the vine,

who brings forth bread from the earth.

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**6. Buddhist Tradition--From Thich Nhat Hanh**

With the first mouthful, I promise to practice loving kindness.

With the second, I promise to help relieve the suffering of others.

With the third, I promise to see others' joy as my own.

With the fourth, I promise to learn  
the way of non-attachment and equanimity.

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### **7. Islamic Tradition**

As we sit at table and rejoice in the  
mercy and goodness of the one God,  
may the bonds of friendship be strengthened,  
may our fellowship be a light in the darkness, and  
—most importantly—  
may we remember that in opening ourselves to each other  
we open ourselves to God.”

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### **8. Pagan Blessing (Source unknown)**

From forest and stream,  
from mountain and fields,  
from the fertile Earth's nourishing yields,  
I now partake of the Divine Energy;  
may it lend me health, strength, and love

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**9. Buddhist Tradition--From Thich Nhat Hanh**

The plate is filled with food.  
I am aware  
that each morsel  
is the fruit of much hard work  
by those who produced it.

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I am aware  
that each morsel  
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by those who produced it.

### **10) Christian Tradition--A Mennonite Grace**

Thank you for the wind and rain and sun and pleasant weather.

Thank you for this our food

And that we are together. Amen.

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### **11) Nondenominational--(Source unknown)**

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.

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### **12) Jewish Tradition--Adapted from an Haggadah of Liberation**

We dedicate this meal to our hopes and dreams for the future.

We dream of a world not threatened by destruction.

We dream of a world in which all people are free to be themselves.

We dream of a world at peace.

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### **13) Prayer of the New Year Festival, the Gad of Ghana (Native Peoples of Ghana)**

Hail, Hail, Hail.

May happiness come.

May meat come.

May corn come.

Just as the farmers work  
And look forward to the reaping,  
So may we sit again as we are sitting now.  
We dream of a world at peace.

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### **14) Buddhist Tradition--From Thich Nhat Hanh**

All living things are struggling for life.  
May they all have enough food today.

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### **15) Islamic Tradition**

Allah-hu Akhbar.  
God is great.

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## **16) UU Tradition--A Unitarian Blessing**

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.

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Source:

[www.smallgroupministry.net/public/sessions/Food for the Journey.doc](http://www.smallgroupministry.net/public/sessions/Food_for_the_Journey.doc)