

GRACE BEFORE MEALS
(In five voices: two parents, three children,
one stanza each)

Come, oh Christ
To this table—
Be our welcome guest!

We ask Your blessing
On all the people
Who have grown, transported,
And cooked the food we eat.

We are mindful also
Of sun and earth and rain
Without which we would not
Have nourishment for our bodies.

Thank You for giving us, also
Your holy Word and blessed Self
In Communion.

Remember, as well, all the poor
And give to them also
Sustenance and Your blessing.

xxx

Sonja Donahue
May, 2001