

Opening Mealtime Prayer (Pray one together before each meal)

Loving Father, we Thank you for this Food and for all Your Blessings to us.

Lord Jesus, Come and be our Guest and Take Your Place at this Table.

Holy Spirit, as this Food Feeds our Bodies, Please Nourish our Souls. † Amen.

We Thank You, O Lord, for Giving us this Food to Eat. We Pray that You will also Provide Food for Those who are Hungry and Gather us all Together at the Table of Your Heavenly Kingdom. † Amen.

Lord Jesus Christ, As You Blessed Many with the Five Loaves and the Two Fishes, may we too, Know Your Blessing as we Share this Food, Your Peace in our Hearts, and Your Love in our Lives. † Amen.

Closing Mealtime Prayer (Pray this Prayer or the Prayer of St Francis together after each meal)

Lord, our God, with Fatherly Love you come to the Aid of your Children. We Thank You for these Gifts, and we Abandon Ourselves to Your Most Holy Will. Please Guide and Direct us through all our Days. And May the Souls of the Faithful Departed, Through the Mercy of God, Rest in Peace. † Amen.

Prayer of St. Francis



Lord,
Make me a
Channel of
Your Peace.



Where there is **Hatred**, may I bring **Love**.
Where there is **Injury**, may I bring **Forgiveness**.
Where there is **Error**, may I bring **Truth**.
Where there is **Doubt**, may I bring **Faith**.
Where there is **Despair**, may I bring **Hope**.
Where there is **Darkness**, may I bring **Light**.
Where there is **Sadness**, may I bring **Joy**.

O Divine Master,

Please Grant that I may not so much seek
to be **Consoled** as to **Console**;
to be **Understood** as to **Understand**;
to be **Loved** as to **Love**.

For it is in **Giving** that we **Receive**.
It is in **Forgiving** that we are **Forgiven**,
and it is in **Dying** that we are **Born**
to **Eternal Life**. Amen.

St Francis of Assisi

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