

# GRACES FOR THE SOCIAL BOARD

**1<sup>st</sup> November 2025**

**This Compilation by WBro David Stower  
PGJD (AMD) No:46**

Please accept this collection of Graces and Returns of Thanks for the Social Board compiled over the years starting during my time as chaplain then charity steward of The Britannic of Madeira Council No: 46. AMD. They come from various parts of England and its territories overseas. I hope that you enjoy them and find them very useful, if you know of any more not recorded in this booklet, please e mail them to me at [david@stower.me.uk](mailto:david@stower.me.uk), so that I can add them to my collection of Graces for the Social Board.

I would like to thank the following. The late Bro. David Shimming's PPrGSwB Chaplain of The Good Companions Lodge 6005 in Manchester. who graciously started this quest, his initial contribution of 52 has now expanded to over 285 entries. The late Bro's Alan Seath, Errol Page, Afeff Lazarus, George Fox, Ian Clancy. Datuk M Vijendran, David Jones, Steve Kane, Steve Williams, Fred Lomak, Phillip M. Rees, Dave Bondy, Rt Revd Alan Rogers, Stan Suggitt, P E H Thomas, Drew Grant, The late Joe Lowrey, The late Geoff Barry, R W Fowler, Roger Lewis, Karl Thurgood, Norm Christian, Brian Mephram, Ken Beckett, Lynn Chadbourne, John Scardifield, Brian Comley. David Stower & Revd Sidney Smith.

The list may be freely distributed, but I would ask that the names of the brothers providing the Graces are not removed. I feel that this is a tangible reminder of the Universality of the Science.

*A great number of these Grace's would not have been possible without the help of many members, both old & new of the UKMason list.*

I want to make one request, that if you are able, please make a donation to charity.

1. God Bless our meat, God guide our ways, God give us Grace, Our Lord to please. Lord long preserves in peace and health, **King Charles III**  
Elizabethan. **George Bullen c1565**

2. Heap high the social board with plenteous cheer and gather to the feast, and toast this sturdy pilgrim band, whose courage never ceased. Give praise to that all Glorious One, by whom their steps were led, and thanks unto the Harvest Lord, who sends our daily bread.  
**Good Companions Lodge.**
3. Some hae meat and canna eat, and some would eat that want it. But we hae meat and we can eat, and sae the Lord be thanked. The Selkirk Grace. **Robbie Burns.**
4. We thank Thee, Architect above, for good food and brotherly love. Relief for all in need we pray, Thy Truth, our Aid from day to day. **Masonic.**
5. For every cup and plateful, God make us truly grateful. **English.**
6. Whatever we eat is of God and from God and is ours as we are his. **India.**
7. Thou who has given us so much, Give us one thing more, a grateful heart. Elizabethan.  
**George Herbert 1600.**
8. Blessed be Thou, Lord God of the universe, who bringest forth bread from the earth and makest glad the hearts of men. Israel. **Hebrew Prayer.**
9. Bless O Lord before we dine, each dish of food, each glass of wine, And make us ever more aware, how much O Lord, we're in Thy care. . **English**
10. Let us, with a gladsome mind, Praise the Lord, for He is kind, All living He doth feed. His full hand supplies their need. **English John Milton 1608-74.**
11. May the blessing of Heaven rest upon us, and all regular Masons! May Brotherly love prevail, and every moral and social virtue cement us. **Masonic.**
12. Thou O Lord, bless fill our meal today, and may Thy spiritual Presence fill us with gratitude for these abundant blessings **Scottish.**
13. We bless Thee, Lord for this our food, For life and health and every good. May we are more blessed than we deserve, live less for self and more to serve. Rotary.
14. Blessing to God, for ever blest. To God the master of the feast, who hath for us a table spread, and with his daily bounties feed; May He with all his gifts impart, the crown of all - a thankful heart. English. **Charles Wesley 1707-88.**
15. Bless us O Lord and these your gifts, which we are about to receive of your kindness, and keep us mindful of those in want.
16. Heavenly Father bless us, and keep us all alive. There's ten of us for dinner and not enough for five. From a time of famine.
17. We praise Thee, O God, who bringest forth food from the earth, and wine that makes glad the heart of man. And we humbly beg Thee, Lord, to look down from Heaven upon the souls that are hungry, and to fill them with all good things. **University of Durham.**
18. What we are about to receive has nowt to do with the Duke of Newcastle. **Durham Miners Grace from the 1800's.**
19. Bless our house, bless our table, bless the whole wide world, and teach us to take everything gratefully from Thy hand O Lord. **Denmark.**
20. May the Lord bless the food and drink laid before us. May we always remember the needs of those less fortunate than ourselves. **Masonic.**
21. For these and all Thy mercies given. We bless and praise Thy name O Lord. May we receive them with thanksgiving, ever trusting in Thy word. To Thee alone be honour, glory, now and henceforth for evermore. **The Laudi Spiritual (1545).**

22. Let us be thankful for whatever light, laughter, food and affection and friendship that may come our way and let us be mindful equally of those who at this festive season or some future moment may be sadly without any or all of these good and golden things. **Welsh.**
23. Lord, bless our meal and the friendship of the table. **Royal Navy.**
24. God, our father, in a world where many are lonely, we thank you for friendship. In a world where many are despairing, we thank you for hope. In a world that many find meaningless, we thank you for faith. In a world where many are hungry, we thank you for this food. **Canada.**
25. Praised be Thee Lord our God. King of the World. He cares for the whole world. With grace, loving kindness and mercy, He gives food to all his creatures. His goodness to us has been great. And we have never lacked for sustenance. May He always provide for us and may we never be in need of his Gifts of flesh and blood. **Jew's College. London.**
26. For food in a world where many walk in hunger; For faith in a world where many walk in fear; For friends in a world where many walk alone; We give you humble thanks O Lord. **Canada.**
27. God save the King, Bless our dinners, Make us thankful. Trafalgar October 1805. **Lord Nelson.**
28. Benedic nobis, Domine Deus, atque eis donis tuis, quae de tua largitae sumus sumpturi. Bless us Lord God, and these Thy gifts which of Thy bounty we are about to receive. **Winchester College.**
29. For food and drink and friendship, we render thanks. Bless, O Lord, our table, deepen our gratitude; enlarge our sympathies and order our affections in generous and unselfish lives. English. **Robert Runcie.**
30. Give us grace, O Lord, to be ever thankful for Thy providence, with hearts always ready to provide for the needs of others. St Francis of Assisi. 31. May God bless this meat and give food to those who have none. **France.**
31. God bless our meal, God guide our ways, and give us grace Thy name to praise, and ever keep in health serene, Elizabeth our gracious Queen. **Bishop Ironmonger of Exeter 1540.**
32. We thank Thee, Father for Thy care, Food, friends and kindness we share. May we ever be mindful be, of home - and country - and of Thee. **Canada.** 34. Lord, Bless these sinners who've eaten their dinners. **Yorkshire.**
35. God is great, God is good, let us thank him for our food. United States. **Jimmy Carter US President.**
36. Heavenly Pa, Ta! Traditional. The Shortest Grace?
37. Lord, thank you for breakfast, lunch and dinner. If it weren't for these, we'd be much thinner.
38. Lord we bless Thy Holy Name and thank Thee for all Thy Gifts, especially the Gift of Friendship.
39. We thank you Lord for our social hoard and especially for the Good Companionship that we have enjoyed. **Good Companions.**
40. Reflect on your present blessings of which every man has many, not upon your past misfortunes. of which all men have some. English. Charles Dickens.

41. To the farmers who worked that we may eat, To those who bought and sold the food, To those who prepared and served it, and most of all to you Lord who planned it, we give our grateful thanks.
42. May the Great Architect of the Universe, bless that which His bounty has provided.
43. He who eats and drinks, but does not thank the Lord, is a thief. **Hebrew Proverb.**
44. For all that we have received, so much more than daily bread, accept our grateful thanks, O Lord.
45. We thank Thee Lord, for the food we have received -and thank you for giving us the strength to eat it!
46. For the food and drink we have received, and for the skill of those who prepared and served it, may the Lord make us truly thankful.
47. For chicken young and chicken old, For chicken hot and chicken cold, For chicken tender and chicken tough, We thank you Lord that we had enough.
48. God of goodness. who blessed our food, Keep us now in a pleasant mood. Bless the cook and all who served us. From indigestion, Lord, preserve us.
49. Almighty God, our Heavenly Father, you give us summer and winter, seedtime and harvest, the assurance of food. Providence and Fatherly care. Accept our thanks for this meal, meet the needs of those who are facing the insecurities of life today. And grant us, in our Good Companionship tonight, one more provision -the gift of a thankful heart. **At 50<sup>th</sup> anniversary of the Good Companions Lodge. Grace at the Installation.**
50. O God, we thank Thee that we have been able to eat together, Be Thou also with those who ate alone. **Return of Thanks at the Installation.**
51. Let us give thanks for the food and drink we laid before us and for the Good Companionship we enjoy each month, but most of all we ask that the Great Architect continue to help us to practice outside the Lodge those virtues we have been taught in it. Grace at the end of the 50th year.
52. Lord, we thank you for the food and drink that we have received, also for the Good Companionship tonight and throughout our 50th season, grant that we may all meet again to witness the installation of the Master Elect. **Return of Thanks at the end the 50th year.**
53. "Thou, who kindly dost provide, For every creature's want! We bless Thee, God of nature wide, for all Thy goodness lent: And, if it please Thee, heavenly Guide, May never worse be sent; But whether granted or denied, Lord, bless us with content!" Robbie Burns from: **Alan Seath**
54. "Thou, in whom we live and move, Who midst the sea and shore, Thy goodness constantly we prove, And, grateful, would adore. And if it please Thee, Power above, Still grant us, with such store, The friend we trust, the fair we love, And we desire no more." **Robert Burns**
55. "May our grateful thanks ascend, To Him from whom all blessings flow; May we always have a square meal, within the length of our cable-tow." **From: Afeef Lazarus**
56. "Architect of Heaven and earth, giving all new worlds their birth, Condescend to hear us raise, deeply grateful words of praise, For this food and drink tonight, Given by you for our delight. And help us Lord by word and deed, To give our help to those in need." **From: Errol Page**

57. "Heavenly Architect Divine, who turned the water into wine. Pray, forgive us sinful men, who try to turn it back again." Traditional. **From George Fox**
58. "Most High who blessed the loaves and fishes, look down upon these rustic dishes, Bless them and what they contain, when they are done let none complain."  
**From Ian Clancy**
59. "Good food, Good wine, Good God, Lets dine. Wishing you a pleasant Festive Season."
60. "May the Great Architect of the Universe bless His gifts to our use, and whilst partaking of His benefits, make us ever mindful of the needs of others."
61. "For these and all his benefits, may the Great Architect of the Universe be blessed and praised. "
62. "Benedictus, Benedicat." **(May the Blessed one bless)**
63. "Benedicto, Benedictur." *May it (this meal) be blessed by the Blessed One*
64. "Great Artificer of the Universe, who providest refreshment for those who work, bless, we beseech Thee, this Thy bounty with Thy gracious favour that, this meal ended, we may return to our labours and consecrate our humble efforts to Thy service. **Royal Arch**
65. "Great Artificer of the Universe, who has provided us with refreshment from Thy bounty, bless, we beseech Thee, with Thy gracious favour, our continued humble efforts to Thy service."
66. "Benedict, Domine, no's, et haec dona tua, quae de tua largitate sumus sumpturi Est; per Christum Domine Nostrum. Amen."
67. "From the sin of gluttony, and the pain of indigestion, may the GAOTU protect us."
68. "Benedictus Benedicat, per Jasum Christum Dominium Nostrum" before,
69. "Benedicto Benedictur, per Jasum Christum Dominium Nostrum" after
70. "For Good Food and Good Fellowship thank God."
71. "To God who gives our daily bread, A thankful song we raise. And pray that He who sends us food, May fill our hearts with praise." **Thomas Tallis 1510-1585.**
72. "This happy meal, will better be: If we, O Lord, Remember Thee."
73. "Almighty God, infinite in wisdom, mercy and goodness, extend to us the riches of Thy Everlasting Favour, make us grateful for present benefits and crown us with Immortal Life and Honour, and to Thy name shall be the Glory."
74. "Lord God, Great Architect of the Universe, who has so inspired the ancient members of our Craft that in the bond of brotherhood they met each other's needs and first of all men came together in the hidden mysteries handed down to us, give us, we beseech Thee, grateful hearts, that in joyful service we may bring relief to the unfortunate, and in perfect loyalty both preserve our trust and leave behind us an increased inheritance."
75. "Show Thy Grace O Lord, to those of us who are gathered at this table and bless the gift of food which by Thy bounty is set before us."
76. "O Lord, the merciful and Good, Bless and sanctify our food. Grant they to us may wholesome be. And make us thankful unto Thee." From the **Kings Psalter c1671.**
77. "Be present at our table Lord, be here and everywhere adored. Let creatures bless and grant that we, May feed in paradise with Thee." Fisherman's Apprentice c1850. **G.W. Mallows**
78. "Almighty God, Eternal King, which maketh Heaven and everything: Grant unto us that present be, To taste the food that here we see." **George Bullen, Exeter 1565.**

79. "O Lord, when hunger pinches sore, do thou stand us in need, and send us from Thy bounteous store, A cup or weather head!"
80. "Dominus Jesus, sit potus et esus." *Lord Jesus, be drink and food.* **Martin Luther**
81. "May the GAOTU bless that bounty which He has provided for us and make us mindful of the needs of others." From **Datuk M. Vijendran:**
82. "Brethren, as we are gathered tonight, united by the principles of Brotherly Love, Relief and Truth, let us give thanks to the GAOTU for the food, drink and Companionship that we are about to enjoy." **Good Companions Lodge.**
83. "Lord, we thank You for the social board that we have enjoyed. Renewing old acquaintances, making new friends. But we ask You to be also with those brethren who could not be with us and all those who ate alone."
84. "For those whom we're about to deceive, may the Lord make us truly thankful." The Lawyers' Grace from **David Jones**
85. "For what we are about to receive, and for what some have already snatched, may the Lord make us truly thankful." A Grace to Reprimand those who eat their roll before the meal. -
86. "Great Architect be praised, my belly's been raised, An inch above the table; And I'll be damned, If I'm not crammed, as full as I am able." **Scilly Islands grace**
87. "For what we have now set before us, let us praise the Lord". **From Steve Kane**
88. "May the Great Architect of the Universe give us grateful hearts and supply the needs of others."
89. "Thy Grace, O Lord, to those of us who are gathered at this table, and bless the gift of food which by Thy bounty is before us  
"Continue Thy presence with us, our Father, as we gather in the spirit of brotherhood and happy companionship and bless to us this food which Thy goodness has provided."  
"We thank Thee, Father, for the happy fellowship of our Fraternity, and for all Thy bounties spread before us. Grant that through these blessings we may be strengthened and refreshed for Thy service".
90. "Our Father, grant us the grace to be thankful for the blessings Your bounty has provided. May they ever remind us of Your love and care for all mankind. "
- 93 "Rub - A - Dub - Dub. Thank God for the Grub." From Steve Williams.
94. "Dear Lord, these sinners thank you for their dinners"  
**The Reverend Father Witt, Bishop of N.W. Australia**
94. "As we gather round the social board for the last meeting of this season, let us give thanks for the food, drink and Good Companionship we have enjoyed. May the blessing of heaven rest upon us and all regular masons. May brotherly love prevail, and every moral and social virtue cement us." **From David Shimmings**
95. "We gather together to thank Thee our Maker, For Food and for Friendship, For Music Love and Laughter, For Freedom in this world, We thank Thee O Lord.  
Amen." **From Philip Elfman Rees.**
96. "May we O Lord Adopt Thy creed, Adapt our ways to serve thy need and we who on Thy bounty feed, Improve in thought, in word and deed " **Dave Bondy**  
"For food to eat and those who prepare it, for health to enjoy it and friends to share it. May the G.A.O.T.U be blessed and praised. From The **Rt. Revd. Alan F.B. Rogers**

99. "Before we raise our knives and forks, before the popping of the corks, before the talk of tee to green, and all the chips that might have been, and every hook and slice and fade, and all those putts we nearly made, we thank thee lord above divine, for all these gifts of food and wine, and may we ever mindful be, of those less fortunate than we." From **Stan Suggitt**
100. "Oh Lord, who blessed the loaves and fishes, Bless this food upon our dishes,  
And as the sugar melts in tea, may we be lost in love for Thee." From **P E H Thomas**
101. "For new faces and old dishes, Oh Lord, we give you thanks." UK Theological College.
102. One of the simplest Graces for after the meal I have heard was given by an elderly brother who was standing in for the chaplain on that night. It was simply  
"Thank God for dirty dishes". From **Drew Grant**
103. "Jesum, Benedic Domine, hic cibo in usum nostrum, nobisque in servitu tuam per Christum Dominum Nostrum." From **Joe Lowrey**
104. Many thanks for a correction to number 35. The full version is: "God is great, God is good; Let us thank Him for our food. By his hand, we are led; Now may we give Him our thanks For this, our daily bread." From Bro R W Fowler who writes: "I learnt that in my childhood in Ohio (USA) in the 1950s. *My parents and maternal grandparents used it quite often. While Pres. Carter may also know it, I would tend not to credit him with it.*"
105. "From inability to let well alone, from too much zeal for the new and contempt for that which is old, may the good Lord deliver us". Sir Robert Hutchinson. From **Geoff Barry**
106. "We thank Thee Lord, for all things good, For breaking bread in brotherhood,  
Make us more blest than we deserve, less for self and more to serve. **Roger Lewis**
107. "For the good food that sustains us, And the good wine that cheers us, May the Lord give us grateful hearts, and keep us ever mindful of the needs of others."
108. "As we have fared, so may others fare and as we have partaken of these and all thy many blessings O Lord. Keep us ever mindful of those who's needs are far greater than ours".  
From **Karl Thorogood**
109. "O Lord above Send down a dove, with wings as sharp as sickles, to cut the throats of greedy men, Who grudge poor men their vitalls. But let all men of generous heart, Enjoy their festive banquet, We Brethren all have generous hearts, For which the Lord be thank it" From **Norman Christian**
110. "We who come with one accord. Give thanks this day to the Lord. Not only for the food we eat, But also for the friends we meet." From **Brian Mephram**
111. "Let us give thanks to the Great Architect of the Universe for what we are about to receive and be ever mindful of the needs of others and pray that the day may soon come when no man, woman or child shall want for good food, shelter and fellowship." From **Ken Beckett**
112. "For health and strength and daily food, we praise Thy name, O Lord." From: **Lynn Chadbourne**
113. "God, we thank You for this food. For rest and home and all things good.  
For wind, rain, and sun above. But most of all for those we love.
114. "Dear Lord, thank You for this gift of food, you've placed upon our table.  
And help us all to do Your work, In any way we're able."
115. "Lord, make us truly grateful, For the blessings of this day."

116. "We thank you, Father, for this food, and pray you'll bless it to our good.  
Help us live Your name to praise, in all we do through all our days."
117. "This food, which You have already blessed in the giving, so further bless in our partaking."
118. "We thank Thee, God, for milk and bread and all our daily food.  
These gifts remind us day by day, Our Father, Thou art good."
119. "Almighty God, you open Your hand, and we are fed. Be at this table, we pray, and bless us all."
120. "We thank Thee, Lord, for happy hearts, For rain and sunny weather. We thank Thee, Lord, for this food, and that today we are together."
121. "Heavenly Father, great and good, we thank Thee for this daily food.  
Bless us even as we pray; Guide and keep us through this day."
122. "Lord God, we thank You for all the good things You provide, and we pray for the time when people everywhere Shall have the abundance they need."
123. "Bless these Thy gifts, most gracious God, From whom all goodness springs.  
Make clean our hearts and feed our souls, With good and joyful things."
124. "We thank Thee, Father, for Thy care And for Thy bounty everywhere.  
For this and every other gift, our grateful hearts to Thee we lift."
125. "May the peace and blessing of God Descend upon us as we receive of his bounty, and may our hearts be filled With love for one another."
126. "For food and all Thy gifts of love, we give Thee thanks and praise.  
Look down, O Lord, from above, and bless us all our days."
127. "O Lord, we thank You for the gifts of Your bounty Which we enjoy at this table. As You have provided for us in the past, So may You sustain us throughout our lives. While we enjoy Your gifts, May we never forget the needy and those in want."
128. "We thank Thee, heavenly Father, For every earthly good, For life, and health, and clothing, And for our daily food."
129. "For health and food, for love and friends. For everything Thy goodness sends, Father, in heaven, we thank Thee."
130. "Domine deus. Summe totius mundi architecton, Cuius instinctu antiqui illi latomi, Fraternali animo coniuncti mutuam, Inter se opem ferebant et primi, Omnium occulta mysteria nobis, Tradita inierunt, gratam precamur, Notis inice mentem, ut temporibus, Infelicitum laeti serviamus et salva, Fide non modo servemus accepta sed, Posteris alicta tradamus. nunc autem, In cenam convocatis propitius, Adesto et hisce donis, quae de tua Largitate perceptura sumus Benedicto." **From John Scardifield.**
131. "O Lord, we thank You for the gifts of Your bounty Which we enjoy at this table. As You have provided for us in the past, So may You sustain us throughout our lives. While we enjoy Your gifts, May we never forget the needy and those in want."
132. "Give us a heart as big as our belly, And a keen eye which sees the smaller plate of those in need." **From Brian B Comley**
133. "Before we raise our knives and forks, and listen to the popping of the corks,  
Help us Lord to think and pray, for those who will not eat today."
134. "Thank the Lord for what we've gotten, If there'd been any more it wud a been etton."
135. "We thank Thee, O Lord, for all Thy Mercies, and pray that in serving Thee,  
We may be cheerful for Thy Honour and Glory."



136. "Almighty God, Infinite in Wisdom, Mercy and Goodness, extend to us the Riches of Thy Everlasting Favour, Make us grateful for present benefits, And crown us with Immortal Life and Honour, And to Thy Name shall be Glory." **Rev. Albert Case, South Carolina, 1843**
137. "Each time we eat, may we remember God's Love."
138. "Grant, Lord that we may in due proportion and in due time, eat well, drink wisely, listen attentively and speak caringly and thereafter journey comfortably and arrive home safely.
139. "May our stomachs forgive us what we are about to eat, our wits what we are about to drink, and our consciences what we are about to say.
140. "Good wine, Good meet, Good Lord, Replete!"
- 141 **The Revd. Sidney Smith** used to say Graces as follows: If he observed the table laid with but one set of knives and forks and one glass he would say "For these the least of Thy Mercies we give Thee humble thanks"; but if he saw a generous array of cutlery and three or four wine glasses for each place setting he would begin "O Bounteous Jehovah, who poured forth Thy Blessings upon us .
- 142 "Lord, who blessed this meat and wine, we ask your blessing as we dine  
If there are speeches to endure, Pray God we're served a good liqueur."
143. "May the Lord give our jaws the power, to crush what we're about to devour."
144. "Heavenly Father, give us strength and make us able, to eat the food that's on the table."  
**From Jim McGrouther**
145. "Lord before we have our fill, and thoroughly enjoy this meal, help us to remember such, who haven't really very much." **From Roger Waltham**
146. "We are speaking to you now, O Lord, At the end of festive board, with humble thanks for such a spread, And now before we go home to bed, Let us with all reverence say, "Thank you God for a smashing day"
147. "Lord make us strong, and help us be, Useful to those less fortunate than we."
148. "Here we stand, feeling fine, Full of meat, and cheese and wine, Heads bowed low in humble pose, Ready to remember those, Who due to circumstances be, Grateful for our Charity."
149. "Mason one, and Masons all, Masons here from wall to wall, Masons thick, and Masons fast, All thanking God for a great repast."
150. "God help us all to pass this way, with love fraternal on this day, and remind us too of those in need, while we sit and drink and feed."
151. "What would a Mason be, if he gave not to charity?"
152. "Lord, we here all are fit and able, to enjoy this festive table, but ever mindful we shall be, Of those that need our charity.
153. "As we sit and eat and drink, help us Lord to pause and think, that in this world are those who lose, Their homes, their loved ones, and their shoes, And remind us Lord, when we go hence, That Masonic jewel - benevolence."
154. "Thank you, Lord, for giving us, Food and drink and friends who fuss, ever grateful we shall be, For this marvellous fraternity."
155. "Our Christmas celebration, Lord, brings us here with one accord, to join our friends in festive air, and to show you that we care, For those less fortunate than we, By giving free to charity."

156. "Lord, here we stand, truly grateful, for each successive, tasty plate full, But ever mindful we as one, Remember there are those with none."
157. "We give thanks to the G.A. of the U. for the food we are privileged to eat, and we beseech Him to help us speak the right words in what is to follow, That we may not have to eat them later on." From Ian Thorpe
158. "So now we give our thanks to him, for one man's good example, and ask his blessings on this meal, We were just about to sample."
159. "Thine be the wine O Lord, thine be the broken bread. May the naked feet be shod, And the hungry people fed."
160. "We love to eat; we like to drink and worry little of the price. But help us Lord, to remember those, who would give thanks for just a bowl of rice."
161. "We thank thee Lord, as we sit at table, to eat as much as we are able. But let's remember that the final toast, Means helping those who need food the most."
162. 162. "Christ in the wilderness 5,000 fed, with two small fishes and five loaves of bread. May the blessings of him who made that division, Rest upon us, and upon our provision."
163. "May God be praised, who taught us all, That we should love our neighbours. And offer proof beyond fine words, Resulting from our labours."
164. "Before we raise our knives and forks, And listen to the popping corks, Help us Lord to think and pray, For those who will not eat this day."
165. "Now that we've put down our knives and forks, And enjoyed what comes from well-drawn corks, We thank the Lord, as is just right, Upon this, the Sebright Ladies night." (*substitute 'Installation', 'Lodge' etc.*)
166. "Thank God for dirty dishes, They have a tale to tell. To see these smiling faces, We must have eaten well. For health, food and happiness, There shouldn't be a fuss, For by this pile of evidence, God's been very good to us."
167. "For the food set before us - Thank You Lord - and preserve us from gluttony. For the drink we have and will enjoy - Thank You Lord - and preserve us from intemperance. For the companionship we are enjoying - Thank You Lord - and never let us forget those who lack any or all of these things." **David Shimmings**
168. "There were once a goose and a wren Who gave lunch to a cock and a hen "O Lord", prayed the goose, Bless this food to our use And ourselves in your service. Amen." **From Rev'd Neil Follett**
169. "For our food and for our wine, For our Friends with whom we dine, May the Almighty Friend of All Friends make us truly grateful." From **Peter J Morgan**
170. "Some have hunger but no meat. Some have meat but no hunger. We have both. God be praised." Attributed to Oliver Cromwell and very similar to The Selkirk Grace of Robbie Burns. **From Maurice King**
171. "For the lovely Friends, the lovely Fellowship, the lovely Food and for lovely Females we thank the GAOTU" **From Fred Lomax**
172. "Blessed Lord we pray Thee, To be present at our table, Hallowing Thy gifts to our use; That eating to satisfy our needs, We may remember those who lack." St Francis prayer book **From Philip Clark**
173. "Pray we to God the Almighty Lorde, That sendeth fode to beastes and men. To send his blessynge on this horde And feed us now and ever. Amen."

174. "Blessed be the father celestial! Who hath fed us with his material bread; Beseeching Hym lykewyse to fede the soule And grant us his Kingdom when we be dead." 1553
175. "Now we have bouth meat and drinke, our bodies to sustayne: Let us remember helpless folke, Whom need doth cause to pine. And like as God is merciful To us giving such store: So let us now be pitiful In helping of the poor. Then shall we find it true indeed, God will forsake us never, but help us when we have most need, To Whom be praise for Ever." Amen. 1565, **George Bullen**
176. "We thank Thee, Lord, for vulgar food, For trotters, tripe. pig's cheek, For steak and onions, with their crude But appetising reek. Potatoes in their jackets make Us plain folk honour Thee; And Thou art with us when we bake Fresh shrimps for Sunday tea. Thy people's praise is overdue but see, dear Lord, we kneel To offer thanks for Irish stew And tasty, cheap cowheel. Now wait a minute, Lord Don't miss the last word on our lips: We thank Thee most of all for this, Thy gift of fish and chips." Compiled by **Allan M Laing**
177. "Almighty King! Whose wondrous hand Supports the weight of sea and land, Whose Grace is such a boundless store, no heart shall break that sighs for more. The Providence supplies my food, And 'tis Thy Blessing makes it good; My soul is nourished by Thy Word, Let soul and body praise the Lord." **William Cowper**
178. "Lord, may we bless Thee for these gifts of love Our food today, nor deem the gift is small; And seek the bread that cometh from above, The life-stay of the soul, the best of all." William Barnes, 1801 - 1886 (Poet and Vicar of Came in Dorset)
179. "Dust, earth, and ashes is our strength, our glory frail and vain; From earth we come, to earth at length We shall return again. Today we feed on flesh of beasts, Of fowls and divers fish: Tomorrow for the crawling worms, Ourselves become a dish. God's word doth plainly manifest Our frailty, what it is: Let faith and prayer be the way To bring us unto bliss. Amen." Book of Common Prayer, 1670
180. "Thank You for the world so sweet, Thank You for the food we eat, Thank You for the birds who sing, Thank You God for everything." E Ruffer Leatham
181. "He that without grace sitteth down to eat, forgetting to give God thanks for his meat, And riseth again letting grace surpasses, Sitteth down like an oxen and riseth like an asse."
182. "You have sent this food, dear God, To make our bodies healthy and strong. We bow our heads and say, 'We thank You, God'. For food and fellowship, we thank Thee, Lord. For these and all Thy gifts, We thank Thee, Lord. We thank Thee, O Lord, for these Thy. gifts, and ask Thy blessing for those Who with unfailing courage and faithfulness Risk their lives daily to bring them to us. Thank God" (RN)
183. A grace for ice-cream. "For water-ices, cheap but good, That find us in a thirsty mood; For ices made of milk or cream That slip down smoothly as a dream; For comets, sandwiches and pies That make the gastric juices rise; For ices bought in little shops Or at the kerb from him who stops; For chanting of the sweet refrain: 'Vanilla, strawberry or plain?' We thank Thee, Lord who sendst with heat This cool deliciousness to eat." Compiled by **Allan M Laing**.
184. "The eyes of all wait on Thee, O Lord; And Thou givest them their meat in due season. Thou openest Thine hand; And filleth all things living with plenteousness." **Fearon Grace, Psalm 145**
185. "Aford mete, and aftir, gracias we say, Thanking Thee Lorde! of al Thi greet grace: And for al Thi giftes blessed mote Thou be, Of mete, of drynke, and other solace, At al due tymes and in every place Thyne almes is ready to riche and pore.

Ever blessed Thou be, good Lorde, therefore." 14th century, **Godstow nunnery**  
(Earliest recorded grace in English)

186. "Almighty God so merciabie in fedinge Thou make us reasonable For to serve  
Thee here and There Lord Thou make us able to be fed at Thin(e) hevenli table With alle  
Thi seintis in fere (fellowship)" **15th century MS in British Museum**

187. "Lord with this sustynaunce Give us good contynaunce. Thine heestis (behests) for to  
keep and neue (never) aftir to do amys By which we mounlefe (may gladly) haven bliss  
with Thee to have oure seete and th't this bone (boon) ther granted ami be sae we a  
pater noster and an ave." **15th century MS in British Museum**

188. "Father of Mercies by Whose love abounding All we Thy creatures are sustained and fed  
May we while here on Earth Thy praises sounding, Up to Thy Heavenly Courts in joy be  
led." **Foundling Hospital in Guildford Square London**

189. "Break Thy bread for the hungry and lead the needy and wandering into thy house. Isiaah  
58, v7. **William Langland,**

190. "We thank Thee Father, for the love Which feeds us here below, And hope in fairer  
realms above Celestial feasts to know." Charles Haddon Spurgeon (Baptist preacher), 1866

191. "Thanks for this miracle! This is no less than to eat manna in the wilderness. Where  
raging hunger reigned, we've found relief, And seen that wondrous thing, a piece of beef.  
Here chimneys smoke, that never smoked before And we've all ate, where we shall eat no  
more." **Dean Swift, 1667 - 1745**, after dinner with a miser

192. "Lord, who blessed the loaves and fishes, Look doon upon these twa bit dishes, And  
though the taties be but soma', Lord, make 'em plenty for us a'; But if our stomachs they do  
fill, Twill be another miracle." **Anon**

193. "Christ that breed break, At the super there he sat, With his apostles twelve, Bless our  
breed and our ale And th't we have and have schale (shall) And feed us with himself And grant  
us grace of ghostly (ghostly - spiritual) fode Of breed of lyf that is so good To feed with our  
soulis." **15th Century MS in the British Museum.**

194. A Benison on wartime high tea." Upon this scanty meal, O Lord, Bestow a blessing in  
accord: Pour Thy grace in measure small, Lest it more than cover all. Bless the tiny piece of  
ham: Bless the lonely dab of jam: Bless the sparsely-buttered  
toast, Father, Son and Holy Ghost." Compiled by **Allan M Laing**

195. "Great God, Thou giver of all good, Accept this praise and bless our food:  
Grace, health and strength to us afford, Through Jesus Christ, our risen Lord"  
**Jeremiah Clark, 1670 - 1707**

196. "God, who recallest the wandering and saveth the penitent, affording strength to the  
weak and a crown of glory to those who persevere in good works, who by means of five  
loaves and two fishes didst satisfy five thousand men who trusted in Thy mercy, be  
pleased to bless and hallow this bread, that whoever shall partake thereof shall receive  
health of body and protection of mind, through Thee, Jesus  
Christ." **Egbert, Archbishop of York, AD 732 - 766**

197. "Bless Thou, O Christ, the social feast Here on our table spread And every gracious gift of  
Thine Upon Thy servants shed. By Thee alone let these be blest, Each gift Thou dost  
bestow, And all are good, for they are Thine, And Thou art good, we know. And you, O  
guests, I also ask To sing to Christ your praise, And hymns of peace and saving grace Unto  
His honour raise." **Alcuin, 732 - 804**

198. "Jesu that diedst on the road (rood) To fede mannys (men's) soule w't hevenli fode And now hast fed us here Thou make us able Thee to serve That in helle hungur (hell's hunger) we neue (never) sterve From sight of Thi face so deer." 15th century MS in British Museum
199. "Praise shall our grateful lips employ: While life and plenty we enjoy. Till worthy, we adore Thy Name, While banqueting with Christ the Lamb." **John Cennick, Evangelist 1715 - 1755**
200. "Lord of all, Thy creatures see, Waiting for their food on Thee; That we may with thanks receive, Give, herewith thy blessing give. Fill our mouths with food and praise, Taste we in the gifts the Grace, Take it as through Jesus given, Eat on earth the Bread of Heaven." **John Wesley, 1746**
201. "Bless, O Lord, these Thy creatures to our use, and us in the use of them to Thy service, through Jesus Christ our Lord. Amen." The Christian's Daily Devotion, 1769
202. Hodge's grace " Heavenly Father, bless us, And keep us all alive; There's ten of us to dinner And not enough for five. Baby's heart is lifted up For eggs laid into the cup. Yellow stained her praising lips With the bread-and-butter strips. Aged cripples by the bed Frugal feast on milk and bread, And the swarthy brigand men Eat risotto in their den. Praise to God who giveth meat Convenient unto all to eat: Praise for tea and buttered toast, Father, Son and Holy Ghost." **R L Gales** (See also No.16)
202. "The iyes of all thynges loke up and wayte upon Thee, O Lord, and thou givest them meate in due Tyme, when Thou givest it them, then they gather it, when Thou openest Thy hande, then they are well satisfied. Thou openest Thy Hande and replenysshest all thynges lyvinge with Thy Blessing." 1534 (similar to **The Fearon grace**)
204. "Lord make us not like porridge, slow and hard to stir! Make us like rice crispies, quick and easy to serve!" **From: John Doig**
205. Brethren, let us remember, that wherever we are, and whatever we do, He is with us, and his all-seeing eye observes us. Let us give thanks for the sustenance before us but let us never forget the needs of those less fortunate than ourselves.  
**From: David Shimmings**
- 206 Very similar to number 57 - but I love the story attached to it! DS From: Michael Gardener who writes: "The only Grace I know of (and you probably already have it) is from a Bishop who was invited out to dinner and expected - as a Bishop - to give the Grace. To his horror it turned out to be a temperance dinner, so his grace went: -- "Gracious Lord Divine, who changed the water into wine, Forgive those foolish men who want to change it back again"
207. For these and all thy mercies given, We bless and praise thy name oh Lord, May we receive them with thanksgiving, Ever trusting in Thy love. To Thee alone be honour and glory, Now and henceforth for evermore. Amen **From: Roger Hart**
208. For relief from domestic fare, thanks be to God. **From: Jeffrey Conway**
209. Bless this food to our use and us to thy loving and faithful service and make us ever mindful of the needs of others. (care has to be taken so as not to pray to be needful of the minds of others)
210. For food, for clothing, for life, for opportunity, for friendship and fellowship, we thank thee, O Lord.
211. Lord, some people have food and no friends. Some people have friends and no food. We thank you that on this night we have both.

212. Evening has come, the board is spread, thanks be to God, who gives us this bread.
213. For food and drink and happy days, accept our gratitude and praise. In serving others, Lord may we, express our deepest thanks to thee.
214. To those who hunger, give bread; to we who have bread, give a hunger for justice.
215. Lord, thank you for the food before us, the friends around us, the love between us, and Your presence among us.
216. We feel hungry, but we do not starve. We eat until full but still have empty hearts. So grant that our fellowship of food may become also a banquet of the Spirit and make us mindful of the needs of others.
217. Lord, we are driven people. Driven by hunger to food. Driven by loneliness to fellowship. Driven by meaninglessness to faith. Thank you, Lord, for loving us driven people
218. Creator of the universe, you give us this gift of food to nourish us and give us life. Bless this food that you have made, and human hands have prepared. May it satisfy our hunger, and in sharing it together may we come closer to one another.
219. Before we lift our knives and forks and sit down to our dinner, remember those who have no food and are consequently thinner! From **Mike Kindler**
220. O you who clothe the lilies and feed the birds of the air Who leads the lambs to pasture and the hart to the water's side. Who has multiplied loaves and fishes and converted water into wine, Come to our table as giver and guest to dine. **Stephen Doyle**
221. O God, we thank you for the gift of life and for the faculties which enable us to enjoy it. You have given us our eyes to see the beauty of the world, our ears to hear speech and the sound of music, our tongues to taste the good food of your creation, our lips with which to speak in friendship to others and our hands with which to minister to their needs. Help us through the grace of your Holy Spirit, to use all that we have in your service and for your greater glory. Through Jesus Christ our Lord.
222. For food to eat, and those who prepare it, For health to enjoy it, and friends to share it, We thank thee, O Lord. **Charles Shepherd**
223. Blessed are you, Lord our God, king of the universe who feeds the entire world in his goodness, with grace, with kindness and with mercy. He gives food to all for his kindness is eternal. Blessed are you, God, who nourishes all.
224. O give thanks to him who made morning light and evening shade. Source and giver of all good, nightly sleep and daily food, quickened of our wearied powers, guard of our unconscious hours. **Josiah Condor (1836)**
225. O Heavenly Father, who by thy blessed Son has taught us to ask of thee our daily bread: Have compassion on the millions of our fellow men who live in poverty and hunger; relieve their distress, make plain the way of help and grant thy grace unto us all, that we may bear each other's burdens according to thy will, through Jesus Christ our Lord. **Bishop George Appleton (1902-93)**
226. For good fellowship in freedom, And for those who made it possible, We give thanks.
227. No chaplain. Thank God. Amen. **(Naval Grace)**
228. Lord, I've got it down. You keep it down. **(Naval Grace)**
229. For the spirit of adventure which takes us in to the air, For the grace of God which brings us safely back to earth For the comradeship which draws us together, For the blessing of

good food, For these and all his mercies God's holy name be praised. Amen      Group

**Captain E. F. Haylock, RAF**

230. For all the glory of the way. For thy protection night and day. For roof-tree, fire, and bed and, board. For all thy gifts we thank you, Lord. The Wayfarers' Grace

**Mrs. Elizabeth Worsfold**

231. Father, as your gospel teaches, we must love in word and deed. Bless us gathered round this table Help us share with those in need.

232. For food and friendship day by day, we bless you, heavenly father.

233. Lord, for these and all your gifts, we give you thanks. In thanks to God for all his benefits, Let us have a moment's silence for the hungry of the world.

234. Bless those that sit at this table, the food that is on it, and those who prepared it.

235. As we gather in this place, Brief but heartfelt is our grace: Thank you, Lord, for friends and food. Thank you, Lord, for all things good. **Audrey Stanley**

236. O Lord Jesus, Bread of life, bless this food that it may bring refreshment to our bodies and healing to our souls now and for ever.

237. We have food while others are starving. We have companions while others are alone. May the goodness we receive strengthen our resolve to share your blessings with all your children. **David W. Lankshear**

238. For these gifts of food and your care day by day, heavenly father, we thank you.

Amen. **F. W Street**

239. In giving you thanks for this food; we give you thanks for all those who have worked so that we may enjoy it.

240. O Heavenly Father, We thank you for our homes and families, for our food and clothing, and for all the happiness that parents and children can share. We ask that your love may surround us your care protect us and that we may know your peace at all times, for Jesus' sake. Amen.

241. Gracious God may the food that we are about to receive strengthen our bodies, and may thy Holy Spirit strengthen and refresh our souls through Jesus Christ.

242. Lord God, we thank you for all the good things of your providing, and we pray for the time when people everywhere shall have the abundant life of your will, revealed to us in Jesus Christ your Son, our Lord. **Bishop George Appleton 1902- 93**

243. God, you give good things liberally and judge not. May all who eat and drink together at this table be joined in true friendship and praise you with thankful hearts: through Jesus Christ our Lord.

244. "For valour" a phrase so short and yet a world of meaning caught and held for all to learn. In muddy trench and foreign field where terror cried, 'it's hopeless, yield!' quiet hope and courage burned. In flaming aircraft, sinking wreck, smoking cockpit bloodstained deck, brave hearts and spirits turned. 'Thank God for valour' be our grace. 'For friends in this and every place for food and freedom dearly earned.' ***A grace for gatherings of service veterans, originally written for a lunch for 50 VCs held at the Royal Tournament.***

245. Thank God for dirty dishes, They have a tale to tell. Whilst other folk go hungry We've eaten very well. For home and health, and happiness We shouldn't make a fuss, For by this pile of evidence, God's been very good to us. **The Women's Institute.**

246. For well filled plate And brimming cup And freedom from the washing up. We thank you, Lord. Amen.

247. Plaice, mackerel, haddock and cod, these are the fish we eat, O God. For prawns and shrimps, sardines on toast, praise Father, Son and Holy Ghost. **Christopher Herbert**

248. Thanks for chickens, thanks for eggs, But why so many chicken legs ... ? For custard creams and apple crumble, just bless the Lord and don't you grumble.

249. For bread and wine And Auld Lang Syne, God's holy name be praised.

250. O Lord, you 'd scarcely think it wicket to give you thanks for wondrous cricket to celebrate the fans who make and send those lovely gifts of cake. Now shades of that great Grace attend to take guard at the gasworks end and praise with us the life of Brian whose commentaries we all rely on. Give thanks to God, you cricket lovers, for food and drink. Remove the covers! **A grace written to mark a birthday celebration in honour of the late Brian Johnstone's 80th birthday.**

251. For cabbage, corn and shepherd's pie. We praise the Lord who dwells on high.

**H. Ingamells**

252. Lord Christ, we pray thy mercy on our table spread, And what thy gentle hands have given thy men Let it by thee be blessed. Whatever we have came from thy lavish heart and gentle hand. And all that's good is thine, for thou art good. And ye that eat, give thanks for it to Christ, And let the words ye utter be only peace, For Christ loved peace. It was himself that said, Peace I give unto you, my peace I leave with you. Grant that your own may be a generous hand Breaking the bread for all poor men, sharing the food. Christ shall receive the bread thou gavest his poor, And shall not tarry to give thee reward. Alcuin of York (735-804)

253. With every bite we eat, We do not want to forget to give thanks. Whatever brings us your blessing shall be to the glory of your name. Give thanks to the Lord because he is kind and his goodness will last forever. Now let us give to God the Lord thanks and give him glory for all his gifts which we have received. **Ludwig Helmbold**

254 God! To my little meal and oil Add but a bit of flesh to boil And thou my pipkinnet shalt see Give a wave-offering to thee. **Robert Herrick (1591-1674)**

255 The eyes of all things do look up and trust in Thee; O Lord, thou givest them their meat in due season. Thou dost open thy hand and fillest with thy blessing everything living. Good Lord, bless us and all thy goods, which we receive of thy bountiful liberality: Through Jesus Christ our Lord. **Queen Elizabeth 1 (1533 – 1603)**

256 What God gives, and what we take, 'tis a gift for Christ his sake. Be the meal of beans and peas, God be thanked for those and these, Have we flesh, or have we fish, All are fragments from his dish. He his Church save, and the king, and our peace here, like a spring, make it ever flourishing. **Robert Herrick (1591-1674)**

257 Most gracious God, who has given us Christ and with him all that is necessary to life and godliness: we thankfully take this our food as the gift of thy bounty, procured by his merits. Bless it to the nourishment and strength of our frail bodies to fit us for thy cheerful service. **Richard Baxter (1615-91)**

258. No ordinary meal, a sacrament awaits us, On our table spread. For men are risking lives on sea and land That we may dwell in safety and be fed. **(Scottish)**

259. Most loving Father, on whose bountiful providence we do wholly depend: Give us daily at thy pleasure whatsoever the necessity of this life requireth: but above all feed our souls



with spiritual food, with bread of life from heaven: through Jesus Christ our Lord. From **Christian Prayers 1578 (after Erasmus)**

260. God send this crumb well down. (Royalist Prayer during the English Civil War)

261. Lord, grant that whether I eat or drink, or whatever I do, I may do all to thy glory. **Thomas Ken (1637-1711)**

262. Bless me, O Lord, and let my food strengthen me to serve thee, for Jesus Christ's sake. **Isaac Watts (1674-1748)**

263. Thy providence supplies my food And 'tis thy blessing makes it good. My soul is nourished by thy word. Let soul and body praise the Lord. **William Cowper (1731-1800)**

264. For life and love, for rest and food, For daily help and nightly care Sing to the Lord for he is good, And praise his name for is fair. J. S. B. Monsell (1811-75)

265. O Lord, our meal is steaming before us and it smells very good. The water is clear and fresh. We are happy and satisfied. But now we think of our sisters and brothers all over the world who have nothing to eat and only a little to drink. Please, please through the help of their sisters and brothers, let them have enough to eat and enough to drink. **Prayer from West Africa.**

266. My God, I thank you for my food. It is you that allows the rice, the beans, the wheat, the fruit, the animals and the vegetables to grow. Thank you for the food that is on the table. Thank you very much. Brazil 267. Doon head Up paws Thank God We've jaws.

268. O Arglwdd bendithia'n bwyd, i'n cadw'n fyw i'th wasanaethu Di, drwy lesu Grist. Amen. *O Lord, bless our food, that keeps us alive to serve thee, through Jesus Christ our Lord. Amen.* **Wales**

269. Come, Lord Jesus, be our guest, and may our meal by you be blest. Traditional German grace attributed to **Martin Luther (1483-1546)**

270. Each time we eat, may we remember God's love. **Egypt**

271. O Lord, who fed the multitudes with five barley loaves, bless what we are about to eat. India

For sharing your spirit with the whole household of faith, that it may become your new extended family with always room for more around the table. We thank you, good Father of us all. Amen. So be it. Litany of thanksgiving for homes used in **Andhra Pradesh**

272.

273. God of my needfulness, grant me something to eat, give me milk, give me sons, give me herds, give me meat, O my Father. Hawaii

274. The bread is pure and fresh, the water cool and clear. Lord of all life be with us, Lord of all life be near. African morning invocation

275. Bless our home, Father, that we cherish the bread before there is none, discover each other before we leave, and enjoy each other for what we are, while we have time.

276. O God above, make good for us all that we have cultivated. Let it bear good fruit! Let it be good fruit for us. We shall eat new fruits. Green mangoes, ripe mangoes, mophua, dates, Let them be for our whole well-being. Deliver us from the tiger, the bear, the snake, from all these venomous beasts: Deliver us from all manner of disease From suffering unto death, And from all our enemies. Invocation used at the eating of the first-fruits among the tribal People of the Kond Hills in **India**

277. You present us, God, so fatherly now food and drink: we praise you, because everything which nourishes and strengthens us, is given by your hand. Sixteenth century prayer printed on a serviette in a Swiss hotel.
278. Dominus Jesus, sit potus et esus. *Lord Jesus, be drink and food.* **Martin Luther (1483-1546)**
279. Benedic, Domine, nobis et his donis tuis quae tua gratia et munificentia sumus iam sumpturi; et concede ut illis salubriter a te nutriti tibi debitum obsequium praestare valeamus per Christum Dominum nostrum. Amen.  
*Lord, bless us and these thy gifts which with thy grace and bounty we are now to eat; and grant that, nourished therewith by thee to our health, we may honour thee with the praise which we owe thee, through Christ our Lord. Amen.* King's College, Cambridge
280. Because you are the Creator and provider of everything Father God, as trusting children do we pray to you for our daily bread. **Strasbourg Hymnal**
281. Praised be your loyalty, You Father of all grace, which today has blessed us richly once again, You give us at all times here on earth our daily bread. O bless us with peace In life and in death. **R. Wimmer**
282. God of grace, sustain our bodies with this food, our hearts with true friendship and our souls with your truth, for Christ's sake. Amen. United States of America
283. Lord Jesus, be our holy guest, our morning joy, our evening rest; and with our daily bread impart Your love and peace to every heart. Amen.
284. Lord, For Master and the Wardens New Grateful thanks we give to you Bless us all before we dine and enjoy the food and drink the wine For the year to come, pray let it be Full of love and harmony. From: **Mike Badcock.**
285. Lord of light and heavenly splendour, make our feast a real big bender, But as we scoff and stuff and feed, Keep us in mind of those in need. **From: David Joyce**

Enjoy the above Prayers and **please** do remember to let **me** have any new ones you hear  
I do hope that most of the spelling, grammatic mistakes are somewhat correct

*John A. Stower.*

Sincerely and fraternally,

If you are able, please make a donation to **your own charity**, over and above your normal donations.

This list has now raised many thousands of pounds worldwide in this way.