**Grace Before Meals**

In the Name of the Father, and of the Son and of the Holy Spirit. Amen.  
  
  Blessed Trinity,  
  We praise You  
  For the gift of this meal  
  And the joy of one another’s company.  
  Bless this food we are about to receive  
  And the hands that have prepared it.  
  That it might give strength to our bodies  
  And joy to our spirits.  
  Keep us mindful of those  
  Who hunger and thirst  
  For food, for justice, for safety, for love  
  As we continue in our labours  
  For the sake of the Gospel  
  Of Jesus, Your Son.  
  We make this prayer to You in His name.  

In the Name of the Father, and of the Son and of the Holy Spirit. Amen.