

ROTARY GRACES.

Bless O Lord, before we dine.
Each dish of food, each cup of wine.
And bless our hearts that we may be.
Aware of what we owe to thee.

Some live to eat, some eat to live.
Some people take, some people give.
lord grant that we, who eat three meals a day.
Should sometimes stop to think and say.
That whilst we thank thee for this daily food,
Remember those who would eat, if they could.

For these and all His gifts
God's Holy name be praised.

Some hae' meat and canna eat.
Some hae' nae' meat and want it.
But we hae' meat and we can eat.
And sae the Lord be thank it.

O Lord and Giver of all good.
We praise thee for our Daily Food.
May Rotary friends and Rotary ways.
Help us to serve thee all our days.

Lord - Bless this bunch
as they munch their lunch.
And make them mindful
of the needs of others.

Lord Bless all Rotarians gathered here.
Our fellowship with thee hold dear.
Grant that our meal and meeting may be blest,
With thee our ever unseen guest.

For what we are about to receive,
May the Lord make us truly thankful.
And ever mindful of the needs of others.

May this food strengthen our bodies,
And thy spirit refresh our souls.

For food and drink and happy days.
Accept our gratitude and praise.
In serving others Lord we do,
Express our thankfulness to you.

For every cup and every plateful,
Please God make us truly grateful.

As we praise before we eat,
Think of friends we cannot greet,
And spare a thought for those in need,
Then thank God for our daily feed.

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We thank thee Lord, as we sit at table,
To eat as much as we are able,
But lets remember that the final toast,
Means helping those who need food most.

Bless O Lord this food to our use,
And relieve the wants of others.

Lord, make us not like porridge,
Stodgy and hard to stir,
But make us more like cornflakes,
Crisp and ready to serve.

O Lord grant that we may not be like cornflakes -
Lightweight, Brittle and Cold,
But like Porridge - Warm, Comforting
and full of Natural Goodness.

X We come together with grateful hearts, X
For all good things thy love imparts,
So may that love our hearts inspire,
that service before self be our desire.

Eating and drinking are things we enjoy,
And its always been so, for us, man and boy,
Lets give thanks to the Lord for this ample fare,
And grant us the grace to give others a share.

We come to the table - hungry and dry,
And to satisfy that we are willing to try,
That we are the lucky ones no one will deny,
Lets remember those who if they don't eat - may die.

For all thy good gifts,
By which our lives are enriched,
O God we offer thee grateful hearts.

Thou openest thy hand, O Lord,
And satisfieth the desire of,
Every living thing.

Christ in the wilderness - 5,000 fed -
Two small fishes and five loaves of bread.
May the blessing of him,
Who made the division,
Rest upon us,
And upon our provision.

As we meet again to sit and dine,
To enjoy this gift of food and wine,
Let's remember the thousands of hungry souls,
Who daily wait with extra bowls,
And decide to give as much as we are able,
Not just the crumbs from this rich mans table.

O Lord and giver of all good,
We thank Thee for this brotherhood,
May Rotary friends and Rotary ways,
Help us to serve thee all our days.

Gras Cymraeg. (A Welsh Grace)
I ti Arglwydd am ein porthant,
Am ein iechyd am ein llwyddiant,
Am ein heddwch an llawenydd,
Y bo moliant yn dragywydd.

A Welsh Grace.
To thee Lord for our food,
For our health, for our success,
For our peace and our happiness,
Our Praise to Thee forever.

As we live by Thy Providence,
May we live by Thy Praise,
And learn to serve Rotary,
All our days.

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 humble thanks, O Lord.

O God our father,
In a world where many are lonely,
We thank you for friendship and community.
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.
Through Christ our Lord. Amen.

Give us good digestion Lord,
And something to digest.
A healthy mind and body and,
The sense to keep it at it's best.

May we remember those who went hungry,
yesterday - Those who will not eat today,
And give thanks to the Lord that we,
Have never any need to ask.

Main course - sweet and coffee too,
And we'll clear the lot as we always do.
But if we had to go without for days on end,
We'd know what it was to be like those,
Who think not of what to eat - but when.

We love to eat, we like to drink,
And worry little of the price.
But help us lord to remember those,
Who give thanks, for just a bowl of rice.

Thanks be to God for this fine fare -
The gift of providential care.
May Rotary trends and Rotary ways,
Help us to serve thee all our days.

May each one of us,
According to his own belief,
Give thanks for this food,
And for the opportunity Rotary affords us,
To serve our fellowmen.

As we are eating and drinking,
Help us to keep thinking.
Of those whose tables are bare,
And ask God to help us as Rotarians,
To see that they too get a share.
Let us with gladsome mind,
Praise the Lord for He is kind.
For his mercies shall endure,
Ever faithful, ever sure.

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 today.

Breakfast - Lunch and Dinner too,
To most of us thats nothing new,
But if it be true - all men are brothers,
Lets give a thought to the needs of others.

Holy - Holy - Holy roon the table,
Eat as muckle as you're able,
Eat as muckle an pouch nane,
Holy - Holy - Amen.

For the food that we eat and for those,
Who prepare it - For health to enjoy it,
And good friends to share it,
Dear Lord. We thank Thee.

With hearts attuned to gratitude,
We take this appetising food.
And practising Rotarian care,
Remember those with lesser fare.

Lord bless us with this food you give,
And help each one of us to live.
So that your blessings and this food,
May do our souls and bodies good.

O Lord and giver of all good,
We thank thee for this brotherhood.
May we be more blest than we deserve,
Live less for self and more to serve.

For food, for fellowship, and
the opportunity to serve others,
Which this club gives,
We thank thee O Lord.

Grant O Lord that with these
Gifts of food and fellowship, we may
be strengthened, each in his own vocation
to fulfil thy purpose of service.

For food - friends and fellowship,
O Lord we praise thy name.

Thank you for the flowers so sweet,
Thank you for the food we eat,
Thank you for the birds that sing,
Thank you God for everything.

An Irish Grace.
Beannacht a Dhia mae a shu'imid le ce'ile
Beannacht ar an mbia a ithimid inniu
Beannacht at na la'mha a d'ullmhaigh du'inn e'
Beannacht 'O Dhia dhi'lis orainn fe'in. Amen.

An Irish Grace.
Bless us O God as we sit together,
Bless the food we eat today,
Bless the hands that made the food,
Bless us O God.

Benedictus Benedicat per
Jesum Christum Dominum Nostrum. Amen.