

*These table graces, suitable alone or with a group/family, set our gratitude within the larger context of the labor and the earth that give us food – and the work for justice that is also part of the hunger we know. Arranged seasonally but use them throughout the year as you wish.*

### **Advent / Winter**

Please stir us up, O Advent Lord,  
With hope and hunger point us toward  
That Christmas Day when all shall be  
Embraced as children loved by Thee. AMEN.

As the darkness stretches over  
all the daylight, all our lives  
In the depths of expectation  
where the heart sees, you reside.  
Dare we beckon to the hunger  
fill our frame and feed our soul  
In this dim-lit struggling world  
that our feasting be made full. AMEN.

Great God of winter's bitter night,  
of windy dark and snowy white,  
our home is warm; we've much to eat,  
while others want for food and heat.  
So blend our joy with restless care,  
that all we have, we have to share. AMEN.

The days are short, the nights are long;  
in winter's depth, God, keep us strong;  
with food that came from harvests fair,  
from fields that now lie brown and bare,  
and food still fresh from far off lands,  
harvested by distant hands.  
Beyond the food that we see here,  
bless all the lives both far and near,  
who raised it with the earth and sun,  
for truly, God, we all are one. AMEN.

### **Spring / Summer**

Gracious God who sends the rain and then the sun to grow the grain,  
who woos the worms to move the dirt and lures the honeybees to flirt,  
to pollinate both blooms and trees, who carries seed upon the breeze,  
who gives the farmers love of land, as well as strength of back and hand,  
who all these things does freely do, most gracious God, we say, thank you. AMEN.

With summer growing green around, in garden and in field,  
We give you thanks, O Growing God, for all the earth does yield.  
And as we gather now to eat, besides the food we share,  
We ask that you would also bless the good earth everywhere. AMEN.

For the farmers market, and for the farmers, too;  
For the bounty freshly bought, and for the bustling, too;  
For seeing face-to-face, and touching hand-to-hand;  
And says "thanks" directly, to those who work the land;  
For this and more we pray—for harvest's sacred worth;  
Re-KIN-dle in us knowing: we, too, are of the earth. AMEN.

### **Thanksgiving / Harvest / Feast**

Sweet Spirit of the harvest yield, of ripened fruit and wavy field,  
of produce fair and fattened beast, be present at our harvest feast.  
We're thankful for the food set here, for friend and family gathered near,  
as well for those afar today, and loved ones as yet in harm's way.  
Please bless our meal with festive mirth and bless our world with peace on Earth. AMEN.

For the hands and for the lands that give us food to share;  
for the earth and rain and sun and weather foul and fair;  
for the chance to feed our friends, especially those in need;  
for the love that sets this table, in word and food and deed;  
for all these gifts, our thanks we bring, Spirit of Life, your praise we sing. Amen.

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## **Playful**

Listen, God, that grumbling comes  
from hungriness down in our tumbs.  
So this will be both short and sweet:  
thank you, God, and now, let's eat! AMEN.

Great big God up high above,  
feed us with your great big love.  
Hidden God right at our side,  
feed us with your love so wide.  
And, God, don't think that we are rude,  
but feed us also with this food! AMEN.

## **General**

Sophia-God, in all we eat,  
may we taste, too, your wisdom sweet:  
life's gracious web connects us all,  
those who swim and fly and crawl.  
Please feed our spirits and our flesh,  
and fill our lives with love made fresh.  
AMEN.

Grandmother God with wizened face,  
join us in our table grace.  
Bless the words and food we share  
and strengthen us so that we dare  
embrace your world with loving care.  
AMEN.

With hungry bellies, hungry hearts, we gather at this table  
With thirsty lips and thirsty souls, we come as we are able.  
We're grateful for this food and drink, and those with whom we share it  
But more than this we hope you give this meal a deeper merit  
'Tis justice that we hope to taste in body, heart, and soul  
And wisdom as we work in love to make this world whole. AMEN.

Papa, as we sit to eat,  
as our hands reach out and meet,  
as our fingers touch in prayer,  
thankful for the food we share,  
make our thanks as well enfold  
the lives of those whose hands we hold.  
AMEN.

Dearest Mother of us all, boulders great and pebbles small,  
critters swift and crawlers slow, flyers high and swimmers low,  
tree and shrub and plant and vine, gather with us as we dine.  
Let our table show this grace: that all might know they have a place. AMEN.

Most Holy Wind of welcome sweet,  
grace our table as we eat;  
may all the food we share be blessed,  
as well as family, friend, and guest.  
Keep field and farm and worker whole,  
and nourish body, mind, and soul;  
and let our words, our mirth, our meal,  
the welcome of your kin-dom seal. AMEN.