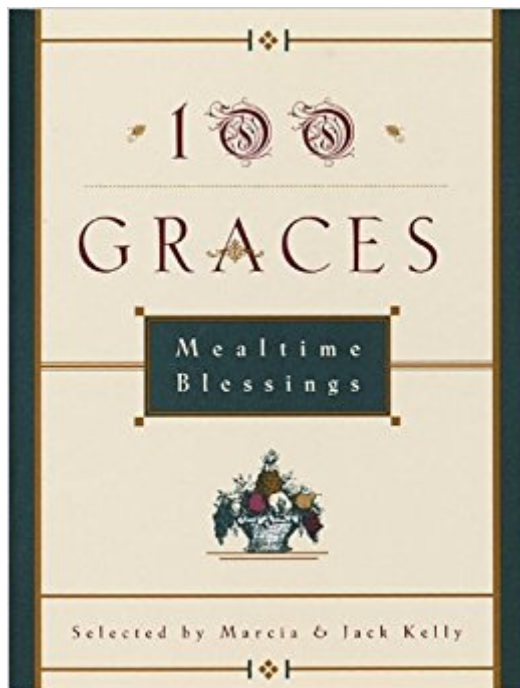


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# 100 Graces: Mealtime Blessings



## Synopsis

Available now in a small-format paperback edition, this beloved book features 100 ways of giving thanks for the daily repast in a glorious collection of ancient and contemporary graces from many traditions, including Christian, Jewish, Hindu, Buddhist, Islamic, and Native American. Two-color interior.

## Book Information

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Average Customer Review: 4.1 out of 5 stars 28 customer reviews

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## Customer Reviews

"The best introduction to this book I can give is the little foreword I wrote for it. Here it is: Saying grace is an ancient and vital tradition the world over. To begin with, it provides a space, a moment of stillness, in which to relinquish the activities of the day and allow the mind to settle. Then, as we acknowledge the source of our nourishment, we are filled with astonishment at the generosity of the Creator, with gratitude, and with praise. In bringing the body, mind, and heart together, we come to ourselves, and rememebr who we are and why we are here. For some families, a meal is the only time everyone is present and so the opportunity to enjoy one another and really celebrate the occasions is not to be lost. For many, a meal is also the only time that there is any memory of the Divine. Saying grace establishes an immediate connection with that memory. In such a moment, when our minds are clear and the truth is reinforced by being sounded aloud, we can dedicate the meal and the strength we receive from it to the service of whoever or whatever is before us.--  
Toinette Lippe, editorial director of Bell Tower

Available now in a small-format paperback edition, this beloved book features 100 ways of giving thanks for the daily repast in a glorious collection of ancient and contemporary graces from many traditions, including Christian, Jewish, Hindu, Buddhist, Islamic, and Native American. Two-color interior.

This is a beautiful book of table graces and other prayers taken from many traditions ranging from Christian, Jewish, Native American, Hindu, Buddhist, and Islam among others. The prayers not only include grace before meals but touch on other topics such as a prayer of thanks on rising to a new day, a prayer before starting a chore, praise for creation, prayers for peace. I especially liked the prayer that deal with Advent as it expresses such longing: "Come, Lord Jesus! Come stay with my family and friends....Come, Lord Jesus! Bring peace to our world." And one to our Earth Mother that acknowledges gratitude for sunlight, rain, friends, and the "giveaway of the lives of chicken, beets...grains and lettuce that we may continue our lives." There also are traditional Celtic prayers that ask for God's presence in all of life's activities: "God in my speaking, God in my thinking....God in my life....God in my heart" as well as "Deep peace of the shining star to you, Deep peace of the running wave to you...." The book also contains a prayer about God as "I am:" admonishing us to live in the moment rather than regretting the past and fearing the future. There even is the traditional benediction used in both Jewish and Christian traditions, "The Lord bless you and keep you, the Lord make His face to shine upon you and be gracious unto you...." I highly recommend this book to anyone who is seeking a collection of prayers dealing with a number of topics from a variety of different faith traditions. I can assure you that you will treasure this small but rich volume.

This is a great favorite, partly for its very short blessings. As a minister, I enjoy giving this to the couples I marry as it's attractive and small enough to sit on the dinner table and serve as a reminder. Sometimes I bundle it with a nice basket and breadcloth. And of course, I use it myself!

Wonderful collection of prayers and meditations before meals.

We love this little book of Graces and use it every evening.

This book is a wonderful collection of prayers before or after meals. We read it every night during family dinners and are inspired by the beauty and simplicity of many of the blessings. A great gift.

Blessings from around the world and different traditions.

We love these brief poignant mealtime prayers. Thanks.

I was hoping these would be more child-friendly, but there are some very beautiful prayers in this book!

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