

Before Lunch Blessing, WFB December 7, 2016

*Blessed be the Earth for providing us this food*

*Blessed be the Sun for helping it to grow*

*Blessed be the Wind and Birds for carrying its seed*

*Blessed be the Rain for the water's loving flow.*

*Blessed be the hands that helped prepare this meal,*

*May those hands and our hands, bodies too, be well and quick to heal.*

*Blessed be our friends, our families, and all of our loved ones.*

*Blessed be our mother earth, our father sky and sun.*

*– Christian mealtime prayer*