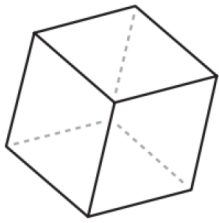
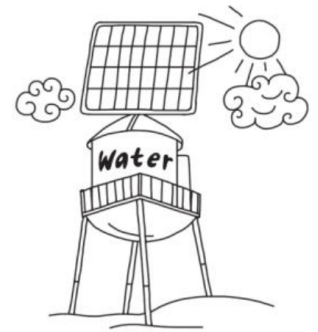


Grace cube



Thank you, God, for:

Draw your favourite food here



**Praise to you for Brother Sun, who gives us light.
Praise to you for Sister Water, so useful and pure.
Praise to you for Mother Earth, who gives us food.
Praise and thanks to God!
Amen**



From a prayer by St Francis of Assisi



**First the seed, then the grain.
Thank you, God, for sun and rain.
First the flour, then the bread.
Thank you, God, that we are fed.
Thank you, God, for all your care.
Help us all to share and share.**

Amen



**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.**

Amen



My grace:

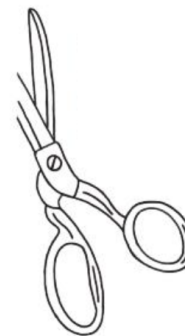
Write your own grace here



The world has more than enough food to feed everyone. But one in every ten people in our global family is going hungry. Help us change things: www.cafod.org.uk/food.

We thank you Lord, for all we eat, and for this place in which we meet.

Bless all those who, with their care, prepare the food that we all share



Find more activities and prayers for families at cafod.org.uk/families