

GRACES

Hark to the Chimes,
Come bow your head.
We thank Thee Lord
For this good bread.

For Health and Strength
And daily bread
We praise Thy name oh Lord.

Morning/Noontime/Evening is here,
The board is spread
Thanks be to God
For this good bread.

Back of the bread
Is the flour
And back of the flour is the mill
And back of the mill is the
Sun and the rain
And the Father's will.

Neath these tall green trees we stand
Asking blessings from Thy hand.
Thanks we give to Thee above
For thy help and strength and love.

The Wayfarer's Grace
For all the glory of the way,
For Thy protection night and day,
For roof, tree, fire, and bed and board,
For friends and home, we thank Thee Lord.

Sangam Grace
Bless this house,
(Hands together then upward v)
Bless this food.
(Hands together then downward v)
Help us use it
(Left hand up, right hand in neighbor's left)
For Thy good.
(Raise joined hands, lower)

God has created a new day
Silver and green and gold.
Live that the sunset may find us
Worthy His gifts to hold.

Superman Grace
Thank you God for giving us food.
Thank you God for giving us food.
For the food we eat and the friends we meet
Thank you God. Da-da-da-dum.

Johnny Appleseed
Oh, the Lord is good to me
And so I thank the Lord
For giving me the things I need –
The sun and the rain and the appleseed.
The Lord is good to me.

And every seed that grows
Will grow into a tree
And someday soon there'll be apples there
For everyone in the world to share
The Lord is good to me.
Johnny Appleseed, Amen!

Silent Navaio Indian Grace
Think silently to yourself the words
For the way before you
(Point in front)
For the way behind you
(Point behind)
May the Great Spirit above
(Circle hand over head)
Bless and keep you
(Pound one fist on top of the other; switch)
Amen
(Cross arms in front of chest; bow head)

The Adams Family Grace
We thank you for this food, Lord,
For Mom and Dad and you, Lord,
We thank you for this food, Lord,
To get us through the day.
Na-na-na-nah (snap x2)
Na-na-na-nah (snap x2)
Na-na-na-nah, Na-na-na-na, Na-na-na-na (snap x2)