



For the
Christmas Season

A Prayer at Mealtime

Heavenly Father, we give you thanks
for the gift of family and friends.

We give you thanks for gathering us
around this table today.

Bless our time together.

We remember those
who are absent from our company:
those who cannot be with us* and
those who now feast at your table in heaven.*

We pray for the lonely and the sad,
the homeless and the hungry.

Give us a loving heart and a generous spirit
to make our world a better place.

For those who prepared this food
and for what we are about to receive,
we give you thanks O loving Father,
through Christ Our Lord.

Amen

*here you may wish to remember them by name