

Our Father in Heaven,
We give thanks for the pleasure
of gathering together for this occasion.
We give thanks for this food
prepared by loving hands.
We give thanks for life, the freedom
to enjoy it all and all other blessings.
As we partake of this food,
We pray for health and strength to carry on
and try to live as You would have us.
This we ask in the name of Christ
Our Heavenly Father.

Harry Towell

Most gracious heavenly Father
We thank thee for this food which has been prepared for
the nourishment of our physical bodies. Bless each one
here as we come together in fellowship. Give us patience,
love, and willingness to do our duty to this work, and to
each other. We pray that our Faith may be strengthen,
and our love increased, for our beautiful order. Give us
enthusiasm to promote fellowship and goodwill and we ask that
thou will sustain us in our every need. In his name we pray. Amen

Our Family Grace

Time of Rest

Bears lumber toward their dens,
squirrels busily store nuts away
and plump pumpkins wait for
the harvest in the fields.

The world seems to be folding up,
Lord, and drawing itself in
for a time of rest.

Let us not forget it was You Who
created the rhythms of life.

As You bless this meal, remind us
that we, too, need a time of rest
and quiet reflection. Amen.

MY PRAYER

Give me your help, Lord
To live this one day
One to know to unravel
One problem to weigh
One path to discover
And choose the right turn
One worry to conquer
One lesson to learn.

One moment of gladness
One touch of the rain
With the promise of sunshine
To make roses bloom again.

No one can see
Nor tell if its hours
Will bring laughter or sorrow.

So I'll turn to You, Lord
And ask that you
Give me your help to live
"ONE DAY AT A TIME"

AMEN

THE CROSS IN MY POCKET

I carry a Cross in my pocket
A simple reminder to me
Of the fact that I am a
Christian

No matter where I may be.

This little Cross is not magic
Nor is it a good luck charm
It isn't meant to protect me
From every physical harm.

It's not for identification
For all the world to see
It simply is an understanding
Between my Saviour and me.

When I put my hand in my
pocket
To bring out a coin or key
The Cross is there to remind me
Of the price He paid for me.

A PRAYER FOR THOSE WE LOVE

"Our Father who art
in heaven,"
Hear this little prayer
And reach across
the miles today
That stretch
from here to there,
So I may feel much closer
To those I'm fondest of
And they may know
I think of them
With thankfulness and love,
And help all people everywhere
Who must often dwell apart
To know that they're together
In the haven of the heart!

Helen Steiner Rice

Please be in the attitude of prayer:

Dear Father,
We thank you for this beautiful morning and for all our friends
that are gathered here.
We ask thy divine guidance upon this group as we meet in service
to thee and our beloved order.
We thank you for all the blessings thou has bestowed upon us and
we ask that you continue to care for us. Enlighten our minds
with truth and enrich our lives in service to others.
Father grant us the ability to use this day not for our own
interests but for the work you would have us do.
We ask your blessings on the food we are about to partake and
that it will nourish our bodies and our minds that we can do your
work in the spirit of faith and prayer.
We ask this in your name.
Amen

IT'S ME AGAIN, GOD

Remember me, God?
 I come every day
 Just to talk with You, Lord,
 And to learn how to pray...
 You make me feel welcome,
 You reach out Your hand,
 I need never explain
 For You understand...
 I come to You frightened
 And burdened with care
 So lonely and lost
 And so filled with despair,
 And suddenly, Lord,
 I'm no longer afraid,
 My burden is lighter
 And the dark shadows fade...
 Oh, God, what a comfort
 To know that You care,
 And to know when I seek You
 You will always be there!

Helen Steiner Rice

A DAILY PRAYER

Bless me, heavenly Father,
 forgive my erring ways,
 Grant me strength
 to serve Thee,
 put purpose in my days...
 Give me understanding
 enough to make me kind
 So I may judge all people
 with my heart
 and not my mind...
 And teach me to be patient
 in everything I do,
 Content to trust Your wisdom
 and to follow after You...
 And help me when I falter
 and hear me when I pray
 And receive me in Thy kingdom
 to dwell with Thee some day.

Helen Steiner Rice

GIVE US DAILY AWARENESS

On life's
 busy thoroughfares
 We meet with
 angels unawares—
 So, Father,
 make us kind and wise
 So we may always recognize
 The blessings
 that are ours to take,
 The friendships
 that are ours to make
 If we but open
 our heart's door wide
 To let the sunshine
 of love inside.

Helen Steiner Rice

GOD, ARE YOU THERE?

I'm way down here!
 You're way up there!
 Are You sure You can hear
 my faint, faltering prayer?
 For I'm so unsure
 of just how to pray—
 To tell you the truth, God,
 I don't know what to say...
 I just know I am lonely
 and vaguely disturbed,
 Bewildered and restless,
 confused and perturbed...
 And they tell me that prayer
 helps to quiet the mind
 And to unburden the heart
 for in stillness we find
 A newborn assurance
 that Someone does care
 And Someone does answer
 each small sincere prayer!

Helen Steiner Rice

Working With the Almighty

A shrewd old Negro had bargained with the owner of a vacant lot and secured the use of it for a garden. He had cleared off the weeds, spaded it up well, planted the seed in neat little beds, and as the summer came on a most beautiful garden rewarded him for his efforts.

Just when the garden was at its best, his pastor came by and stopped to admire the growing things. The old gardener beamed with joy under the compliments of the preacher. As the good man was about to go on, he said to the gardener, "Yes, suh, brother Washington, you and de Lawd certainly worked a miracle on this old lot."

grin. "But you should a-seen dis weed patch when de Lawd was working at it alone."

Now the black man was not conceited. In fact, if our theology is anywhere near right, he was doing exactly the thing the Lord expected him to do.

The Almighty puts the fertility into the soil, and the winsomeness into the sunshine. He sends the rain and teaches the seed to germinate. He puts all the capacities of earth, sky and soil at the disposal of humanity and then expects man to make the best of it.

About everything we have has come to us as a result of working over the raw material.