

# Prayer and Service



Before we pray we make the  
Sign of the Cross.

This is a reminder of Christ's  
sacrifice for all of us.

A reminder that he suffered and  
died to free us from sin.



Pray together.

In the name of the  
Father  
And of the Son  
And of the Holy Spirit,

Amen



Blessed are you, Lord our God,  
maker of heaven and earth  
and Father of all your people:  
we give you glory for your goodness  
and for your loving care for us.

Bless the food that we eat  
and grant that all who eat it  
may be strong in body  
and grow in your love.

Blessed are you, Lord our God,  
for ever and ever.

Amen



Pray together.

Saint Monica

*Pray for us*

Saint Teresa

*Pray for us*



In the name of the Father, And of the Son, And of the Holy Spirit, Amen

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And of the Son  
And of the Holy Spirit,  
  
Amen



Bless us, O God. Bless our food and our drink.  
Since you redeemed us so dearly and delivered us from evil,  
as you gave us a share in this food so may you give us a share in eternal life.

Amen



Pray together.

Saint Monica

*Pray for us*

Saint Teresa

*Pray for us*



In the name of the Father, And of the Son, And of the Holy Spirit, Amen

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Amen





Dear Lord

In a world where so many are hungry,  
may we eat our food with humble  
hearts;

in a world where so many are lonely,  
May we share friendship and  
compassion for others with joyful  
hearts.

Amen



Pray together.

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*Pray for us*

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In the name of the Father, And of the Son, And of the Holy Spirit, Amen

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And of the Holy Spirit,

Amen



Dear Lord Jesus, thank you for the food on my table. Thank you for the people in my life. Thank you for the opportunities to serve others. Thank you for the blessings of health and happiness.

Amen.



Pray together.

Saint Monica

*Pray for us*

Saint Teresa

*Pray for us*



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Amen



O Lord, we thank you for the gifts of your bounty which we enjoy.

As you have provided for us in the past, so may you sustain us throughout our lives.

While we enjoy your gifts, may we never forget the needy and those in want.

Amen



Pray together.

Saint Monica

*Pray for us*

Saint Teresa

*Pray for us*



In the name of the Father, And of the Son, And of the Holy Spirit, Amen