



TABLE GRACES

Back of the bread is the flour.
Back of the flour is the mill.
Back of the mill is the wind and the rain
And the Father's will.

Father God,
Thank you for this food and the hands that
prepared it. May we use it to nourish our bodies
and minds. In Jesus' name, Amen.

Lord, as your grace sustains us, let this food nourish us. Amen. Let it Be.