



Grace Before Meals (Based on each Sunday's readings)

First Week of Advent

Father, this is a very different Advent. Send Your Spirit to bless us and our food. With Isaiah the prophet we pray: "tear open the heavens and come down," let the virus "quake in your presence." Please heal our world. Grant us grace and peace as we hear Jesus in the Gospel inviting us to "Keep awake" and recognize Him in today. We ask this through Christ, our Lord. Amen.

Second Week of Advent

Father, Isaiah the prophet reminds us that Your words are words of "comfort" and tenderness. Bless us and our food. May Jesus, the Lord of "might" heal our world. May Jesus, the Lord of gentleness heal our hearts. We ask this through Christ, our Lord. Amen.

Third Week of Advent

Father, Isaiah the prophet calls us to bring good news, to bind up the broken hearted and proclaim liberty to prisoners. Bless us and our food. Help us speak what is good and to heal others' hurt. May we offer a simple greeting to someone who is imprisoned in loneliness. We ask this through Christ, our Lord. Amen.

Fourth Week of Advent

Father, King David wanted to build a house for You. We ask You, Jesus, and the Spirit to make Your home in our hearts. Bless us and our food. In this time of pandemic, may Your angel speak Your Word as he spoke it to Mary: “Do not be afraid.” Deepen our faith, our hope and our charity. We ask this through Christ our Lord. Amen.



Christmas Day and Christmas Season:

Father, Isaiah reminds us “The people who walked in darkness have seen a great light.” John’s Gospel recalls that Jesus Christ is the Light which darkness cannot overcome. Bless us and our food. May Your Spirit help us to recognize and welcome the light of Jesus in our hearts and homes today and every day. May that light encourage us in hope. WE ask this through Christ, our Lord. Amen.