

Prayers at Meals



Ash Wednesday

Before we sit to eat our meal, Let us listen to The Word of God.

“At an acceptable time, I have listened to you, and on a day of salvation I have helped you.”

See, now is the acceptable time; now is the day of salvation.”

Let us pray,

God, Giver of Life, we know that you have given us the wonderful gift of life.

Let us live this life well for one day it will end.

One day our bodies will become a part of the dust of the universe.

We now thank you for the gift of this food and drink of which we now partake.

Help us to be mindful of those who have no nourishment today.

Thursday after Ash Wednesday

We now open our hearts and minds to hear God’s Word spoken to us.

“I know all my transgressions. My sin is ever before me!

O God, create in me a clean heart and put in me a new and right spirit.” Ps. 51

“If you want to become my followers, deny yourself, take up your crosses and follow me.”

Let us pray,

God of All Goodness,

We pray that everything we did this day began with your Spirit and inspiration,

We now ask you to bless this food which we are about to eat.

At this meal nourish our bodies with this gift of food so that we may be strong to
serve you and one another in love and compassion .

Live Jesus in our hearts forever.

Friday after Ash Wednesday

Let us still ourselves so that we can hear well what God is saying to us.

“Return to me with all your heart with fasting, with weeping and with mourning.

Rend your hearts and not your clothing.” Joel 2:12

“This is the fast I choose for you:

**Loose the bonds of injustice, undo the thongs of the yoke, let the oppressed go free,
share bread with the hungry, bring the homeless poor into your home, cloth the naked
and don’t hide yourself from your own brothers and sisters.” Is. 58**

Let us pray,

God of Bountifulness,

As we sit and eat this meal together,
make us so mindful of those who go hungry day after day.
Help us to understand at a deeper level,
the kind of injustices that allow this poverty to exist in our country and our world.
We thank you that we have this food to eat. May we always be thankful for your gifts.
Amen



Monday of the First Week of Lent

Let us now prepare ourselves to hear the Word of God spoken to us today.

“Who do they say that the Son of Man is?”

Who do you say the Son of Man is?

Simon Peter said: “You are the Messiah, the Son of the Living God.”

Thomas said: “You are my Lord and my God.”

Mary of Magdala said: “Rubbuni, Master!”

“Who do you say that I am for you?”

Let us pray.

Lord, our Shepherd,

We gather as your followers to share this meal.

We know we want for nothing. We are blessed indeed!

May this food and drink as well as the sharing of our day in conversation

Restore our body and soul.

We are thankful for all the gifts you have given to us. Amen

Tuesday of the First Week of Lent

Let us be still and gather our thoughts into prayer.

The Word for today. Let us listen well.

“For our connection to this earth, for the soil for yielding up its goodness,

For the tireless work of worms, for the unseen work of microbes,

For the hidden work of bacteria, for the mystery of the food chain,

For the interconnection with the community of life,

For the secrets of growing things, for the beauty of flowers nestled in clay,

For the life force of the mighty oak, for all farmers who know and understand the earth,

For the bedrock of our vegetables and the power that produces our herbs,

For the nutrients in our blood and the minerals in our soil,

For the sun and the rain which nourishes all created things,

We give thanks for the Mystery of this Creator God. Amen. (Kathleen Glennon)

Wednesday of the First Week of Lent

Let us now open ourselves to hear God's Word to us today.

"You who live in the shelter of the Most High, who abide in the shadow of the Almighty, will say:

"My refuge, my fortress, my God in whom I trust."

Cast all your cares on God and God will look after you.

Let us pray,

God, loving parent,

We know that we hurt at times. We get bruised and battered. Life is tough and lonely sometimes!

We also know, Lord, that you love us deeply and are always present in our hurts and pains.

We trust in your care of us. We trust that you will always provide nourishment for our souls.

We thank you for the food that is before us. As you nourish us, may we nourish one another and the people to whom we minister daily. Amen. Live Jesus in our hearts!

Thursday of the First Week of Lent

Our Word for today. Let us be silent for a moment.

"Struggling with his faith, the poet Robert Bridges wrote to poet Gerard Manley Hopkins for advice on how he could learn to believe. Hopkins sent back a two-word letter: "Give alms!"

The purpose of almsgiving, prayer and fasting during Lent is

"to open oneself fully to the presence of God".

There is a God who created all people and things.

The child was asked:

To whom does the stars belong? Answer: To God!

To whom does the moon belong? Answer: To God!

To whom do you belong? Answer: To God!

To whom does your toy tiger belong? Answer: To me!

Giving all does not get easier as we get older.

Giving away part of what appears to be "mine" is one of the Lenten challenges.

Let us pray

All generous God,

As we participate in our meal this evening

Help us to be always generous, generous enough to give away" all of our heart" to you
in the service of our brothers and sisters.

We ask the grace to be like Jesus, our Savior and our Brother.

Amen.

Friday of the First Week of Lent

The Word of God today speaks to us of forgiveness. Let us open ourselves up to hear this Word.

Jesus said: "When you are offering your gift at the altar and remember that your brother or sister is angry or has something against you, leave the gift there and go and be reconciled. Then come and offer your gift."

Let us pray

We all have reasons for angry hearts. We have past injuries and injustices that make it hard to forgive.

For us as followers of Jesus forgiveness is not a suggestion but a sure way to real freedom. Mother Teresa said: "If we really want to love, we must learn to forgive."

As we sit to share this meal, may we eat the bread of forgiveness,
and share the drink of reconciliation.

May Jesus always be in our hearts forever.

Amen.



Monday of the Second Week of Lent

Let us take a moment to hear the Word of God spoken to us today.

"Hear, O God, when I cry aloud, be gracious to me and answer me!

My heart says: 'Come, seek God's face.'

It is your face that I seek, O God! Do not hide it from me!

Do not shrug me aside, do not give up on me, O God of my deliverance!" Ps. 27

Let us pray,

We really do long for God. We are always seeking.

St. Augustine said we feel lonely for God because we come from God.

What can we do with the hunger in our hearts?

Simply open our hearts to the presence of the Mystery of God everywhere!

We now thank God for at least satisfying our physical hunger with this food
that we are about to share together.

Let this food be for us a reminder of God's presence! Amen!

Tuesday of the Second Week of Lent

Let us take a moment of silence and in that silence feel the "presence" of God and
the physical presence of one another.

**Ralph Harper in his book "On Presence: Variations and Reflections" say that "presence" touches
us deeply at the root of human experience surpassing sacred and profane distinctions.**

Presence can be explosive, liberating, revealing and quieting. Presence has force and authority.

Ecstasy finds its home in "presence" which is in essence a moving out and beyond oneself.

Being truly present to one another does that.

Let us pray,

God present always and everywhere,

We welcome your presence in the experiences we had today.

We welcome your presence in those people we served today,

We welcome your presence in us gathered to share this meal.

We thank you for your presence in the food which we are about to eat.

We thank you for Jesus who is your presence to us in time and space.

Amen.

Wednesday of the Second Week of Lent

Before we sit to enjoy this food and the company of one another, let us first hear the Word of God.
“You know that the rulers of the Gentiles lord it over the people and their great ones are tyrants, but I say to you, my followers, that this will not be so among you. Whoever wishes to be great among you, must be your servant. Whoever wishes to be first among you must be your slave just as the Son of Man came not to be served but to serve and give his life as a ransom for many.” Mt. 20

Let us pray,

When serving others, may we think of them as precious. Emily Dickenson said it this way:

“If I can stop one heart from breaking,

I shall not live in vain.

If I can ease one life the aching,

Or cool one pain, Or help one fainting robin

Unto his nest again, I shall not live in vain.”

As this food serves us in satisfying our hunger today,
May we always, like Jesus, be in loving service to others and to each other..

We ask this in the Name of Jesus, servant of God!

Live Jesus in our hearts. Forever!

Thursday of the Second Week of Lent

The Word of God comes to us today from the Book of Jeremiah.

Let us now focus our attention on the Word.

“Cursed are those who put their trust in mere mortals and make flesh their strength whose hearts are turned away from God.

They shall be like a dry shrub in the desert;

they shall live in parched places of the wilderness in an uninhabited salt land.

Blessed are the persons who trust in the Lord God.

They shall be like trees planted near water sending out their roots to the stream.

Their leaves stay green when the dry spell comes.

In the year of drought, they are not anxious and still produce fruit.” Jeremiah 17.

Let us pray,

“We are never so vulnerable than when we trust someone -but, paradoxically, if we cannot trust, neither can we find love or joy.” (Walter Anderson)

Each day, Lord, we attempt to place our total trust in you
for you alone are worthy of all trust.

Help us with your grace to give our hearts to you more and more.

We ask you to bless us, bless our ministries, bless this food and
bless our Brotherhood as we grow in love and trust of you and one another.

We ask our prayer through Jesus Christ, our Brother. Amen.

Live Jesus in our hearts. Forever.

Friday of the Second Week of Lent

Today we recall the story of Joseph in the book of Genesis. It is a story of jealousy, disrespect and hate.

Let us take a moment to listen and hear what God's message is for us
in the story of Joseph and his brothers.

“Israel loved Joseph more than any other of his children, because he was the son of his old age; and he had made him a long robe with sleeves.

When his brothers saw that their father loved Joseph more than all his brothers, they hated him and could not speak peaceably to him.” Genesis 37

Let us pray,

“When men and women are able to respect and accept their differences then love has a chance to blossom.” (John Gray)

Lord, enable us to respect the dignity of others.

May we be always first to affirm the giftedness of our Brothers.

May we keep our critical, judgmental comments in check and
learn from your Son Jesus to always affirm and praise
the goodness we see in one another.

Bless each person at this table and

Bless our food which we are about to eat from your bounty.

We ask our prayer in Jesus' name. Amen.



