



# Mealtime Blessings: Prayers, Blessings, and Meditations for Saying Grace (Volume 1)

*Kathleen Blease*

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**Mealtime Blessings: Prayers, Blessings, and Meditations for Saying Grace (Volume 1)** Kathleen Blease  
Who doesn't feel a slight panic when called upon to say grace? Ack! Mealtime Blessings is the answer to your prayers. Collected here are more than 40 graces to say at mealtime or anytime when called upon. From the intro: "Ever since man has gathered to break bread, a mealtime prayer has helped to bring family and friends together.... What a wonderful gift we can give to our families at mealtime. During a moment of prayer, the house is quiet, work stands still, our hands stop moving, and only words of thanksgiving break the silence. It is peaceful, private, and shared with family and others who make our world what it is. In this way, it brings us closer together."

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