

99 Graces FOR THE FESTIVE BOARD

*Edited from a compilation by Bro David Shimmings <cds@ifanet>
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1. Elizabethan. George Bellin c1565.

God Bless our meat, God guide our ways,
God give us Grace, Our Lord to please.
Lord long preserve in peace and health,
Our Gracious Queen Elizabeth.

2. Good Companions Lodge.

Heap high the social board with plenteous cheer
and gather to the feast,
And toast this sturdy: pilgrim band,
who's courage never ceased.
Give praise to that all Glorious One,
by whom their steps were led,
And thanks unto the Harvest Lord,
Who sends our daily bread.

3. The Selkirk Grace. Robbie Burns.

Some hae meat and canna eat,
and some wad eat that want it.
But we hae meat and we can eat,
And sae the Lord be thankit.

4. Masonic.

We thank Thee, Architect Above,
For good food and brotherly love.
Relief for all in need we pray,
Thy Truth, our Aid from day to day.

5. English.

For every cup and plateful,
God make us truly grateful.

6. India.

Whatever we eat is of God and from God, and is ours as we are his.

7. Elizabethan. George Herbert 1600.

Thou who has given us so much, Give us one thing more,
a grateful heart.

8.

For what we have now set before us, let us praise the Lord.

9. John Milton 1608-74.

Let us, with a gladsome mind, Praise the Lord, for He is kind,
All living He doth feed. His full hand supplies their need.

10.

Rub-A-Dub-Dub. Thank God for the Grub.

11. Scottish.

Thou O Lord, bless fill our meal today, and may Thy spiritual Presence
fill us with gratitude for these abundant blessings.

12. Rotary Grace.

We bless Thee, Lord for this our food,
For life and health and every good.
May we be more blessed than we deserve,
live less for self and more to serve.

13. Israel. Hebrew Prayer.

Blessed be Thou, Lord God of the universe, who bringest forth bread
from the earth and makest glad the hearts of men.

14. English.

Bless us O Lord and these your gifts, which we are about to receive of
your kindness, and keep us mindful of those in want.

15.

We gather together to thank Thee our Maker,
For Food and for Friendship,
For Music Love and Laughter,
For Freedom in this world,
We thank Thee O Lord. Amen.

16. University of Durham.

We praise Thee, O God, who bringest forth food from the earth, And
wine that makes glad the heart of man. And we humbly beg Thee, Lord,
to look down from Heaven upon the souls that are hungry, and to fill
them with all good things.

17. Durham Miners Grace. From the 1800s.

What we are about to receive has now to do with the Duke of Newcastle.

18. Denmark.

Bless our house, bless our table, bless the whole wide world,
and teach us to take everything gratefully from Thy hand O Lord.

19. Masonic.

May the Lord bless the food and drink laid before us. May we always
remember the needs of those less fortunate than ourselves.

20. The Laud Spiritual (1545).

For these and all Thy mercies given. we bless and praise Thy name
O Lord. May we receive them with thanksgiving, ever trusting in Thy
word. To Thee alone be honour, glory, now and henceforth for evermore.

21. Welsh.

Let us be thankful for whatever light, laughter, food and affection and
friendship that may come our way, and let us be mindful equally of those
who at this festive season or some future moment may be sadly without
any or all of these good and golden things.

22. France.

May God bless this meat and give food to those who have none.

23. Canada.

God, our father, in a world where many are lonely, we thank you for
friendship. In a world where many are despairing, we thank you for
hope. In a world that many find meaningless, we thank you for faith. In a
world where many are hungry, we thank you for this food.

24. Jew's College. London.

Praised be Thee Lord our God. King of the World. He cares for the whole
world. With grace, loving kindness and mercy, He gives food to all his
creatures. His goodness to us has been great. And we have never lacked
for sustenance. May He always provide for us and may we never be in
need of his Gifts of flesh and blood.

25. *Canada.*

For food in a world where many walk in hunger;
For faith in a world where many walk in fear;
For friends in a world where many walk alone;
We give you humble thanks, O Lord.

26. *Lord Nelson., Trafalgar October 1805.*

God save the King, Bless our dinners,
Make us thankful.

27. *Winchester College.*

Benedic nobis, Domine Deus, atque eis donis tuis, quae de tua largitae sumus sumpturi.
(Bless us Lord God, and these Thy gifts which of Thy bounty we are about to receive.)

28. *English (Robert Runcie).*

For food and drink and friendship, we render thanks. Bless, O Lord, our table, deepen our gratitude; enlarge our sympathies and order our affections in generous and unselfish lives.

29. *St Francis of Assisi.*

Give us grace, O Lord, to be ever thankful for Thy providence,
with hearts always ready to provide for the needs of others.

30.

Show Thy Grace O Lord, to those of us who are gathered at this table
and bless the gift of food which by Thy bounty is set before us.

31. *Bishop Iremonger of Exeter (1540).*

God bless our meal, God guide our ways,
And give us grace Thy name to praise,
And ever keep in health serene,
Elizabeth our gracious Queen.

32. *Canada.*

We thank Thee, Father for Thy care,
Food, friends and kindness we share.
May we ever mindful be,
Of home - and country - and of Thee.

33. *Yorkshire.*

Lord, Bless these sinners
Who've eaten their dinners.

34. *Traditional. (The Shortest Grace?)*

Heavenly Pa, Ta!

35. *Jimmy Carter, US President.*

God is great, God is good,
Let us thank him for our food.

36. *For the overweight.*

Lord, thank you for breakfast, lunch and dinner.
If it weren't for these, we'd be much thinner.

37. *Masonic.*

Lord we bless Thy Holy Name and thank Thee for all Thy Gifts,
especially the Gift of Friendship.

38. *Good Companions.*

We thank you Lord for our social hoard,
and especially for the Good Companionship that we have enjoyed.

39.

God of goodness, who blessed our food,
Keep us now in a pleasant mood.
Bless the cook and all who served us.
From indigestion, Lord, preserve us.

40. *Charles Dickens.*

Reflect on your present blessings of which every man has many,
not upon your past misfortunes of which all men have some.

41. *Masonic.*

May the Great Architect of the Universe bless that which His bounty has provided.

42. *Hebrew Proverb.*

He who eats and drinks, but does not thank the Lord, is a thief.

43.

For all that we have received, so much more than daily bread,
accept our grateful thanks,
O Lord.

44.

We thank Thee Lord, for the food we have received—
and thank you for giving us the strength to eat it!

45.

For the food and drink we have received, and for the skill of those who prepared and served it, may the Lord male us truly thankful.

46.

For chicken young and chicken old,
For chicken hot and chicken cold,
For chicken tender and chicken tough,
We thank you Lord that we had enough.

47. *The Providers.*

To the farmers who worked that we may eat, To those who bought and sold the food, To those who prepared and served it, and most of all to you Lord who planned it, we give our grateful thanks.

48. *Grace at the Installation.*

Almighty God, our Heavenly Father, You give us summer and winter, seedtime and harvest, the assurance of food, providence and Fatherly care. Accept our thanks for this meal, meet the needs of those who are facing the insecurities of life today. and grant us—in our good ompanionship tonight, one more provision—the gift of a thankful heart.

49. *Return of Thanks at the Installation.*

O God, we thank Thee that we have been able to eat together, Be Thou also with those who ate alone.

50. *Grace at the end of the year.*

Let us give thanks for the food and drink we laid before us and for the Good Companionship we enjoy each month, but most of all we ask that the Great Architect continue to help us to practice outside the Lodge those virtues we have been taught in it.

51. *Return of Thanks at the end the year.*

Lord, we thank you for the food and drink that we have received, also for the Good Companionship tonight and throughout our season, grant that we may all meet again to witness the installation of the Master Elect.

52. *West Indies.*

May our grateful thanks ascend,
To Him from whom all blessings flow;
May we always have a square meal,
Within the length of our cable-tow.

53. *Robert Burns.*

Thou, in whom we live and move, Who mad'st the sea and shore,
Thy goodness constantly we prove, And, grateful, would adore.
And if it please Thee, Power above, Still grant us, with such store,
The friend we trust, the fair we love, And we desire no more.

54. *Royal Arch.*

Great Artificer of the Universe, Who providest refreshment for those who
work, bless, we beseech Thee, this Thy bounty with Thy gracious favour
that, this meal ended, we may return to our labours and consecrate our
humble efforts to Thy service.

55.

Architect of Heaven and earth,
Giving all new worlds their birth,
Condescend to hear us raise,
Deeply grateful words of praise,
For this food and drink tonight,
Given by you for our delight.
And help us Lord by word and deed,
To give our help to those in need.

56. *Traditional.*

Bless this food to our bodies and our souls to Thy service.

57. *Traditional.*

Heavenly Architect Divine,
Who turned the water into wine.
Pray, forgive us sinful men,
Who try to turn it back again.

58.

Most High who blessed the loaves and fishes,
Look down upon these rustic dishes,
Bless them and what they contain,
When they are done let none complain.

59.

May the Great Architect of the Universe bless His gifts to our use, and
whilst partaking of His benefits, make us ever mindful of the needs of
others. So mote it be.

60.

For these and all his benefits, may the Great Architect of the Universe be
blessed and praised.

61.

Benedictus, Benedicat.
(May the Blessed one bless)

62.

Benedicto, Benedictur.
(May it be blessed by the Blessed One)

63.

Thou, who kindly dost provide, For every creature's want!
We bless Thee, God of nature wide, For all Thy goodness lent:
And, if it please Thee, heavenly Guide, May never worse be sent;
But whether granted or denied, Lord, bless us with content!

64.

Great Artificer of the Universe, Who has provided us with refreshment
from Thy bounty, bless, we beseech Thee, with Thy gracious favour, our
continued humble efforts to Thy service.

65.

Benedic, Domine, nos, et haec dona tua, quae de tua largitate sumus
sumpturi est; per Christum Domine Nostrum. Amen.

66.

From the sin of gluttony, and the pain of indigestion,
may the Great Architect of the Universe protect us.

67. *before.*

"Benedictus Benedicat, per Jesum Christum Dominum Nostrum"

68. *after.*

"Benedicto Benedicatur, per Jesum Christum Dominum Nostrum"

69.

May the Great Architect of the Universe bless that bounty which He has
provided for us and make us mindful of the needs of others.

70. *Book of Graces.*

To God who gives our Daily Bread,
A thankful song we raise.
And pray that He who sends us food,
May fill our hearts with praise.

71.

This happy meal, will better be:
If we, O Lord, Remember Thee.

72.

Almighty God, infinite in wisdom, mercy and goodness, extend to us the
riches of Thy Everlasting Favour, make us grateful for present benefits
and crown us with Immortal Life and Honour, and to Thy name shall be
the Glory.

73.

Lord God, Great Architect of the Universe, who has so inspired the
ancient members of our Craft that in the bond of brotherhood they met
each other's needs and first of all men came together in the hidden
mysteries handed down to us, give us, we beseech Thee, grateful hearts,
that in joyful service we may bring relief to the unfortunate, and in
perfect loyalty both preserve our trust and leave behind us an increased
inheritance.

74. *Royal Navy.*

Lord bless our meal and the friendship of the table.

75. *Kings Psalter c1671.*

O Lord, the merciful and Good,
Bless and sanctify our food.
Grant they to us may wholesome be.
And make us thankful unto Thee.

76. *G.W. Mallows c1850.*

Be present at our table Lord,
be here and every where adored.
Let creatures bless and grant that we,
May feed in paradise with Thee.

77.

For what we are about to receive, and for what some have already
snatched, may the Lord make us truly thankful.

78. *Grace Before Meat.*

O Lord, when hunger pinches sore,
Do thou stand us in need,
And send us from Thy bounteous store,
A tup or wether head! Amen

79. *Grace After Meat.*

O Thou, in whom we live and move,
Who mad'st the sea and shore;
Thy goodness constantly we prove,
And grateful; would adore.
And if it please Thee, Pow'r above,
Still grant us with such store,
The friend we trust, the fair we love,
And we desire no more.

80.

For Good Food and Good Fellowship thank God (or the GAOTU)

81.

Brethren, as we are gathered tonight, united by the principles of Brotherly Love, Relief and Truth, let us give thanks to the GAOTU for the food, drink and Good Companionship that we are about to enjoy.

82.

Lord, we thank You for the social board that we have enjoyed. Renewing old acquaintances, making new friends. But we ask You to be also with those brethren who could not be with us and all those who ate alone.

83. *George Bullin, Exeter 1565.*

Almighty God, Eternal King,
Which maketh Heaven and everything:
Grant unto us that present be,
To taste the food that here we see.

84. *Scilly Islands grace.*

Great Architect be praised,
My belly's been raised,
An inch above the table;
And I'll be damned,
If I'm not crammed,
As full as I am able.

85.

Good food, Good wine, Good God, Lets dine.

86. *Charles Wesley (1707-88).*

Blessing to God, for ever blest. To God the master of the feast, Who hath for us a table spread, and with his daily bounties feed; May He with all his gifts impart, the crown of all—a thankful heart.

87. *English.*

Bless O Lord before we dine,
Each dish of food, each glass of wine,
And make us evermore aware,
how much O Lord, we're in Thy care.

88.

May the Great Architect of the Universe give us grateful hearts and supply the needs of others.

89.

Thy Grace, O Lord, to those of us who are gathered at this table, and bless the gift of food which by Thy bounty is set before us.

90.

Continue Thy presence with us, our Father, as we gather in the spirit of brotherhood and happy companionship, and bless to us this food which Thy goodness has provided.

91.

For food to eat and those who prepare it,
For health to enjoy it and friends to share it,
May the Great Architect of the Universe be blessed and praised.

92.

Our Father, grant us the grace to be thankful for the blessings Your bounty has provided. May they ever remind us of Your love and care for all mankind.

93. *Masonic.*

May the blessing of Heaven rest upon us, and all regular Masons! May Brotherly love prevail, And every moral and social virtue cement us.

94. *Bishop Witt of N.W. Australia*

Dear Lord, these sinners thank you for their dinners.

95.

As we gather round the social board for the last meeting of this season, let us give thanks for the food, drink and Good Companionship we have enjoyed.

May the blessing of heaven rest upon us and all regular masons. May brotherly love prevail and every moral and social virtue cement us. So mote it be.

96. *From a time of famine.*

Heavenly Father bless us, and keep us all alive.
There's ten of us for dinner and not enough for five.

97.

May we O Lord Adopt Thy creed,
Adapt our ways to serve thy need.
And we who on Thy bounty feed,
Improve in thought, in word and deed.

98.

We thank Thee, Father, for the happy fellowship of our Fraternity, and for all Thy bounties spread before us. Grant that through these blessings we may be strengthened and refreshed for Thy service.

99. *Crawsbay Jones Golfers Lodge .*

Before we raise our knives and forks
Before the popping of the corks
Before the talk of tee to green
and all the chips that might have been
and every hook and slice and fade
and all those putts we nearly made
we thank Thee Lord above divine
for all these gifts of food and wine
and may we ever mindful be
of those less fortunate than we.