

### **Blessing Before Meals**

Gathered at this table, Holy Spirit come!  
Fill us with Your presence, bind our hearts as one.

Bless this time together, Jesus give us peace.  
Come, Lord be with us, join us as we meet.  
Come, Lord be with us, bless this food we eat.

### **Blessing After Meals**

As we leave this table, fed by Your own hand,  
Holy Spirit fill us, 'till we meet again.

Jesus as we leave here, let us walk Your way,  
sharing God's blessings, as we do and say,  
sharing forever, Your love here today.