

Cut along dotted line (US Size 5x7 inches)

This is the traditional version.

Grace Before Meals

Bless us, O Lord, and these your gifts
which we are about to receive from
your bounty.

Through Christ our Lord.

Amen.

Grace After Meals

We give Thee thanks for all your benefits, O
Almighty God, Who lives and reigns forever;

and may the souls of the faithful departed,
through the mercy of God,
rest in peace.

Amen.