

### **Prayer before Meals**

In the name of the Father +  
and of the Son,  
and of the Holy Spirit. Amen.

May the poor eat and be satisfied,  
may they who seek the Lord praise Him,  
and may their hearts live forever.  
Christ our God,  
bless the food and drink of Your servants,  
for You are holy at all times  
both now and ever and unto ages of ages. Amen.

*Conclude with a hymn for the season  
or the coming Sunday.*

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