

Blessings for food

1. A blessing of food in te reo Māori

E te Karaiti

O Christ

Whakapaingia ēnei kai

Bless this food

Hei oranga mō o mātou tinana

For the sustenance of our bodies

Whangaia o mātou wairua

Feed our souls

Ki te taro a te ora

With the food of the spirit

Nāu hoki ngā mea katoa

For all things are from you

Ko Ihu Karaiti hoki

For Jesus Christ

Tō mātou kai-whakaora

Is our Saviour

Amine

Amen

(From Mahi Tahi, Practical resources for bi-cultural partnership, PCANZ, 1992, Book five in a series of five)

2. A Celtic table Grace

God in our waking, God in our speaking,

God in our cooking, God in our eating,

God in our playing, God in our digesting,

God in our working, God in our Resting.

(Optional extra lines...)

When many are hungry, may we eat with humble hearts;

When many are lonely, may we share with joyful hearts.

(A commonly found prayer: source Unknown. <https://www.justprayer.gracespace.info/a-celtic-table-grace/>)

3. Sung grace: God bless to us our bread

God bless to us our bread,

And give bread to all those who are hungry,

and hunger for justice to those who are fed.

God bless to us our bread.

(Church Hymnary Four, no. 763. <https://youtu.be/pjmR8HMLA-I>)

4. An adaptation of the Lord's prayer

Leader: Let us pray together, an adaptation of our Lord's prayer

Our Father in heaven,
Whenever we see nature and everything around us,
We remember your name.
May your reign come to us,
The whole world a safe space, where all are invited.

In our lifes' journey today,
May your will be done, as in heaven.
Give us our daily sustenance, the food of life,
And may it be shared fairly, so that everyone has enough to eat and drink.

Forgive us, if we forget those who have less and suffer injustice.
Help us to keep on striving for Justice and Peace,
In our quest for a world where there is no inequality,
Where no one lacks anything.
Do not let us fall into the temptation of wanting more than what we need,
Deliver us from evil, from being self-centered and acquisitive.

For yours is the Kingdom,
The manna, the food of life.
For you are our sustenance for the journey,
On the road where there is room for all,
For ever and ever. Amen.

(From the World Council of Churches liturgy: Prayers and action to overcome hunger – Churches Week of Action on Food (15-22 October 2018)

<https://www.oikoumene.org/resources/documents/prayers-and-action-to-overcome-hunger>)

