

Reprinted from  
Issue 49 Spring 2009

FOOD FOR  
EVERYONE

**yes!**  
magazine

Related articles at  
[www.yesmagazine.org/  
foodforall](http://www.yesmagazine.org/foodforall)

# A World of Grace

THAT PAUSE BEFORE THE MEAL  
INSPIRES US  
ACROSS CULTURES



## LATIN AMERICAN

To those who have hunger  
Give bread.  
And to those who have bread  
Give the hunger for justice.



## BUDDHIST

This food is the gift  
of the whole universe.  
Each morsel is a sacrifice of life,  
May I be worthy to receive it.  
May the energy in this food  
Give me the strength  
To transform my unwholesome qualities  
Into wholesome ones.  
I am grateful for this food.  
May I realize the Path of Awakening,  
For the sake of all beings.



## MUSLIM

All praises are due to Allah who gave us  
sufficient food to eat and who satiated our  
thirst while such food is needed by us all  
the time and while we are not ungrateful  
to Allah.



## ASHANTI, GHANA

Earth, when I am about to die  
I lean upon you.  
Earth, while I am alive  
I depend upon you.



## SELKIRK GRACE, SCOTTISH

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



## CHRISTIAN CHILDREN'S PRAYER

Thank you God for the world so sweet,  
Thank you God for the food we eat.  
Thank you God for the birds that sing,  
Thank you God for everything.



## APOSTOLIC, ARMENIA

The eyes of all wait upon Thee, O Lord,  
And Thou givest them their food in due season.  
Thou openest Thy hand and fillest all things  
Living with plenteousness.



## HINDU, INDIA

Before grasping this grain,  
let us consider in our minds  
the reasons why  
we should care for and safeguard this body.  
This is my prayer, oh God:  
May I be forever devoted at your feet,  
offering body, mind, and wealth  
to the service of truth in the world.



## COPTIC, EGYPT

Bless, O Lord, the plants, the vegetation,  
and the herbs of the field,  
that they may grow  
and increase to fullness  
and bear much fruit.  
And may the fruit of the land  
remind us of the spiritual fruit  
we should bear.



## MOTHER TERESA, CATHOLIC, CALCUTTA

Make us worthy, Lord,  
To serve those people  
Throughout the world who live and die  
In poverty and hunger.  
Give them, through our hands  
This day their daily bread,  
And by our understanding love,  
Give peace and joy.



## SIOUX, NATIVE AMERICAN

I'm an Indian.  
I think about the common things like this pot.  
The bubbling water comes from the rain cloud.  
It represents the sky.  
The fire comes from the sun,  
Which warms us all, men, animals, trees.  
The meat stands for the four-legged creatures,  
Our animal brothers,  
Who gave themselves so that we should live.  
The steam is living breath.  
It was water, now it goes up to the sky,  
Becomes a cloud again.  
These things are sacred.  
Looking at that pot full of good soup,  
I am thinking how, in this simple manner,  
The Great Spirit takes care of me.



## JEWISH

Praised are You, our God, Ruler of the universe, who  
in goodness, with grace, kindness, and mercy, feeds  
the entire world. He provides bread for all creatures,  
for His kindness is never-ending. And because of His  
magnificent greatness we have never wanted for food,  
nor will we ever want for food, to the end of time.

For His great name, because He is God who feeds and  
provides for all, and who does good to all by preparing  
food for all of His creatures whom He created: Praised  
are You, God, who feeds all.

Illustration by Nikki McClure Research by Anna Stern For sources: [www.yesmagazine.org/graces](http://www.yesmagazine.org/graces)  
[www.YesMagazine.org/posters](http://www.YesMagazine.org/posters) To buy or download this poster  
Read more about the growing local food movement in the Spring 2009 issue of YES!, [Food for Everyone](http://FoodforEveryone)  
Back copies: [YesMagazine.org/store](http://YesMagazine.org/store) Related articles at [YesMagazine.org/foodforall](http://YesMagazine.org/foodforall)