



# GRACE BEFORE MEALS

**Bless us, O God, as we sit together,  
Bless the food we eat today.  
Bless the hands that made the food,  
Bless us, O God.  
Amen.**

As the disciples came to land, they saw a charcoal fire there, with fish lying on it, and bread.  
Jesus said to them, “Bring some of the fish you have just caught. Come, and dine.”

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THE HOLY GOSPEL OF JESUS CHRIST ACCORDING TO ST. JOHN  
CHAPTER 21, VERSES 9, 10, AND 12