


Fold In & Tape Ends Together



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Amen

through Christ our Lord,
from thy bounty,
which we are about to receive
and these thy gifts,
Bless us, O Lord,

Grace Before Meals

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from thy bounty,
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Bless us, O Lord,

Grace Before Meals



Fold

Fold

Grace After Meals

We give thee thanks
for all thy benefits,
Almighty God, who live
and reign for ever.
[And may the souls of the
faithful departed,
through the mercy of God,
rest in peace.]



Amen

Grace After Meals

We give thee thanks
for all thy benefits,
Almighty God, who live
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