

## **SOME EXAMPLES OF APPROPRIATE INVOCATIONS OR BLESSINGS**

### **Examples for Introducing a Moment of Silence:**

1. As we gather together to (State Purpose of Event), we ask that you observe a Moment of Silence for silent contemplation, prayer, reflection, or meditation. Thank you.
2. Participants/Members, as we gather together to make decisions for all Club members, we ask that you rise as we recognize a Moment of Silence for (State Purpose for Silence) silent contemplation, prayer, reflection or meditation.

Thank you, and now please remain standing for the Pledge of Allegiance.

3. Participants/Members, as we gather together to share this meal prepared for us, we ask that you observe a Moment of Silence for silent contemplation, prayer, reflection or meditation. Thank you.

### **INCLUSION EXAMPLES**

#### Examples of Inclusive Reflections:

Appropriate examples for use as a meal is served (these can be easily modified to begin or conclude a meeting):

Let us Pause:

We meet together as a part of this (insert activity, e.g., Caravan, etc). We seek the patience of one another as we learn and grow from this activity and the stamina to make a difference in all our endeavors. We express our thanks for the gifts of life and for the food that we are about to partake of.

Let us Pause:

We gather here today as friends with attention to a common goal. That goal is to strive to enjoy what we are doing; cultivate the friends we are with and to enjoy the adventure we are on. We seek the patience of each other as we strive to learn and grow, and the stamina to make a difference in our world.

Let us Pause:

We express our thanks for an opportunity to gather together where we can reinforce our community principles of openness and engagement for all people, for the gifts of life and for the food that has been prepared for us. For all this, we are thankful.

Let us Pause:

We are grateful for the bountiful meal we have before us when so many don't have enough food, for our trailers to sleep in when many have no home and for the friendships we share when others are alone. Let us take none of this for granted.

Let us Pause:

Let us all take a moment to relish this meal we will share, the friendships we have made and the wonder of the nature that surrounds us.

## **SUGGESTIONS FOR MEAL BLESSINGS:**

For the bounty here before us,  
The hands that brought it to our table, And the company in which we share it, We give thanks!  
For the food before us, For the friends around us, For the love between us, We give thanks!

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

Earth, air, sun, rain - the work of many brings this food to our table so we are blessed, nourished, strengthened to do good work in this world for the good of all creation.

Thank you for being here,  
Thank you for this bounty of food,  
Thank you for this moment to be together.

Let us be grateful for this abundance of great food and great people. May everyone also be taken care of.  
We're all in this together.

All that we have is a gift. May we be thankful. May we celebrate. May we share.  
We are so grateful for this food, it restores our strength, it heals our bodies, it fuels our brains.

We are so grateful for this time, to renew our spirit, to share our trials, to find new strength.

For our friends, for our families, for our meal, we are thankful. For life, for healing, for joy, we are thankful.

May this meal we are about to share help our spirits shine brighter.  
May this brightness send darkness away and warm the hearts of strangers.

## **ENDINGS TO ANY BLESSING:**

So be it  
So say we all!  
Bon Appetite!  
Enjoy!