

Trinity College East

Grace before Meals

Be present at our table Lord
Be here and everywhere adored
Bless these thy gifts and grant that we
May feast in Paradise with thee
For Christ sake

Amen.

Grace after Meals

We thank thee Lord for this our food
For life and health and every good
May manna to our souls be given
The bread of life sent down from heaven
Praise God from whom all blessings flow
Praise him all creatures here below
Praise him above angelic host
Praise Father, Son and Holy Ghost

Amen.

End of Day School Prayer

Merciful God, to you we commend ourselves and all those who need your help and correction,

Where there is hatred, let me sow love;

Where there is injury, pardon;

Where there is doubt, faith;

Where there is despair, hope;

Where there is sadness, joy;

Where there is darkness, light;

Grant that we may not seek so much to be consoled, as to console; to be understood, as to understand; to be loved, as to love; for it is in giving that we receive, in pardoning that we are pardoned and it is in dying that we are born to eternal Life.

Amen.