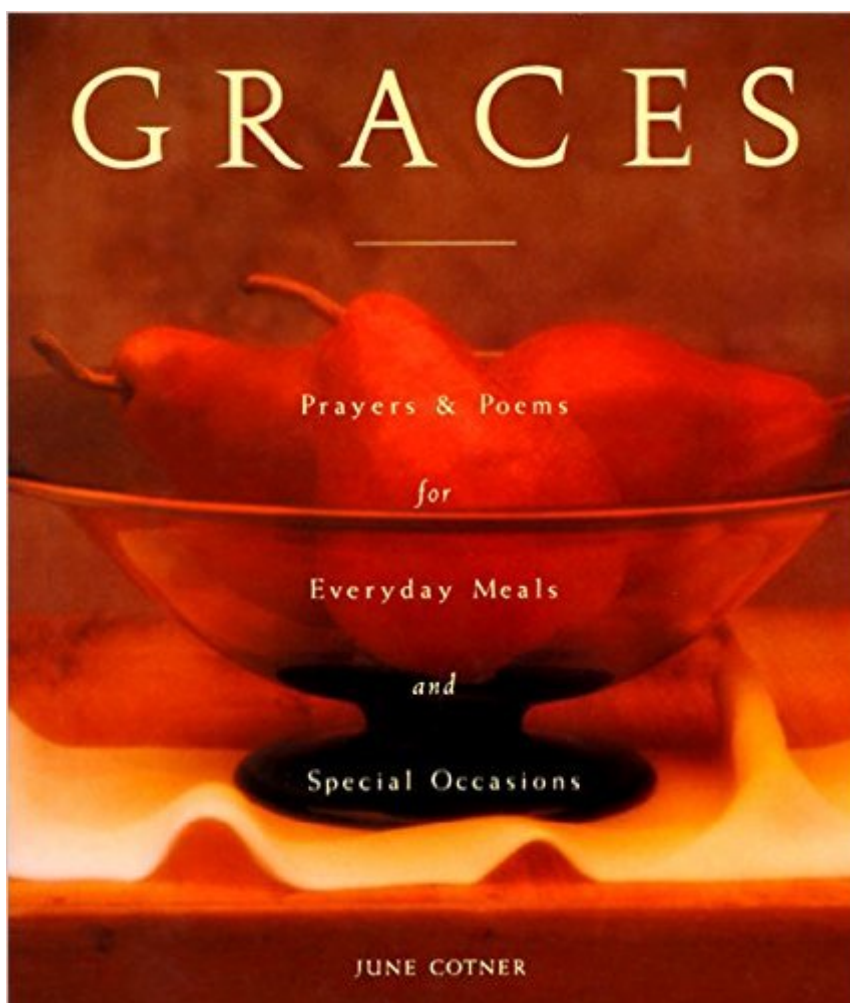


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# Graces: Prayers For Everyday Meals And Special Occasions



## Synopsis

Saying grace at mealtime is a time-honored tradition for many families and a newfound source of spiritual connection for others. Whether you're a master at giving the blessing or fairly new to this sacred art, *Graces* will bring inspiration to your meals and special gatherings. Seeing the need for such inspiration at her family's table, June Cotner compiled a notebook of poems, prayers, and songs that she solicited from friends, strangers, family members, and ministers. She has turned her family's well-worn notebook into this elegantly packaged edition, which will complement your finest table settings. Arranged by thirteen themes, this beautiful gift book contains poems, prayers, songs, invocations, and salutations by figures as diverse as Leunig and Browning, Emerson and Starhawk, Kahlil Gibran and Schweitzer. Whether you need a Sanskrit Salutation to the Dawn, a Gaelic Blessings, or ancient Chinese Prayer, *Graces* offers fitting words for every occasion. Having a collection of original, traditional, and multicultural blessings makes it easy to share wisdom and insight with family and friends before meals or at special gatherings. The graces compiled here have been used by people of all religions beliefs, and special attention was given to how easily the words can be spoken by both adults and children. Life is full of occasions when it seems appropriate to say grace. *Graces* contains 133 prayers, poems, and blessings that span the centuries and draw from many traditions. Bring spiritual focus to your meals by bringing *Graces* to your table.

## Book Information

Hardcover: 208 pages

Publisher: HarperOne; 1st edition (September 17, 1994)

Language: English

ISBN-10: 9780060659561

ISBN-13: 978-0060659561

ASIN: 0060659564

Product Dimensions: 5.5 x 0.8 x 6.2 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (17 customer reviews)

Best Sellers Rank: #516,863 in Books (See Top 100 in Books) #160 in [Books > Christian Books & Bibles > Literature & Fiction > Poetry](#) #541 in [Books > Literature & Fiction > Poetry > Themes & Styles > Inspirational & Religious](#) #739 in [Books > Religion & Spirituality > Worship & Devotion > Ritual](#)

## Customer Reviews

I have been reading graces from this book with my family and friends for 4 years now. Every time someone new joins our dinner and we bring out the book, they want one! I have given several to friends and family. It's a wonderful tradition to pass along.

For those who wish to get into the habit of saying grace at mealtimes, this is the perfect book. Although I was raised saying grace, it is easy to forget to do it now that I am an adult. My husband and I picked up this book, and it has been a pleasure skimming through it at each meal to find the perfect sentiment.

The author/editor of this wonderful little book, June Cotner, writes in the introduction that the genesis of this book was a collection of mealtime graces she and her family compiled to get away from the same-old-same-old rote prayers. Convinced by others that many would appreciate such a book for their own use, Cotner set about gathering prayers and inspiration from people around the country, both in response to solicitations put in writing journals and to word-of-mouth contacts with friends, family and neighbours. Prayers and graces were received from people of all backgrounds, ages, cultures, religions -- all over the country, people from childhood to their nineties gave Cotner more than she could ever include. Cotner likened the process to being a gardener with a bounty of flowers from which she had to delight to pick a bouquet. The prayers are not merely mealtime graces, although there is a nice selection of these. Prayers for every time and occasion, even some for no particular occasion, are contained here. From the Sanskrit Salutation of the Dawn to prayers of Hannukah and Advent and the four seasons, there are many prayers to choose from here in this wonderful collection. Some prayers are specifically for children, a nice section in the middle of the text. The words are simple and the meanings plain yet elegant and meaningful. There are traditional and modern graces, Jewish and Native American prayers, musical graces and contemplative prayers. Included among the original, previously-unpublished prayers are inspirational pieces from traditional liturgies, poets and spiritual persons of the past. William Blake and Helen Keller, Kahlil Gibran and Thomas Aquinas each make appearances here. This is a wonderful collection, an inspired set of readings for private, family and community devotion.

I discovered this book some years ago and I treasure it and have given many copies as gifts over the years. It is THE PERFECT hostess gift, by the way. Aside from the book being a lovely book of graces and blessings for the daily meal, it is really an important tool and a reminder to express our gratitude on a daily basis. It can bring your family closer together and so many of the passages

inside are deep wisdom that make dinner with friends and loved ones so much more meaningful. "Food for thought" to go with your evening dinner. What could be better?

One evening I had this book with me as I delivered a banquet invocation. The woman sitting next to me looked through the book & remarked that it looked like an amazing book, so I surprised her with a copy of her own. She thanked me profusely. I find it good because it draws from many places and many faith traditions, making it a very approachable resource.

This is a well organized and thoughtfully presented booklet of meal graces. It occupies a permanent spot at our family table and is used at every meal. By choosing a different grace for each meal, we expand our thinking and meditating and focus on our gratitude for the meal in front of us and for each other.

No it did not. I was looking for prayers that can be used before business meetings; meetings of reunion groups; prayers before meals for a business organization; etc. I contained none of that. I was disappointed to say the least.

I share this book with friends at special dinners and then have them sign the page I just read or one of my guests read. It is a nice tradition.

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