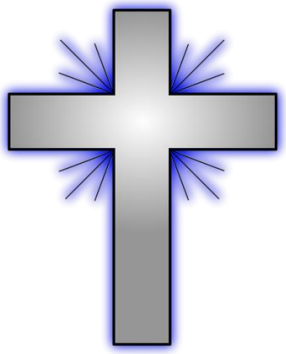
Prayer Before Meals

Bless us O Lord,

and these Thy gifts,

which we are about to receive,

from Thy bounty,

through Christ, our Lord.

Amen