

Dear Families,

*We know that God brings good out of all things – and one of His gifts, **hidden in the pandemic**, is the return of the family meal. The tradition of family meals is an opportunity to connect each day during these uncertain times.*

A regular, scheduled meal brings structure and comfort for your children. Mealtimes are an opportunity to share feelings and allow for every voice to be heard and honored.

*At a family meal, we share our experiences of the day and connect them with the experiences of others in the family – strengthening relationships. It is, also, an opportunity **to teach your children about ritual. Just like the Mass ritual, our daily mealtimes anchor us, with stories, elements, sustenance, and togetherness.***

Include your children in setting the table; engage in conversation and storytelling, pray prayers of petitions and give thanks through saying grace. Committing to gathering together in a family meal is a great way to strengthen your family and to nourish your family's spirituality while deepening your family bond.

**Take turns leading grace.*

**Invite each member of the family to share what they are grateful for that day.*

Invite each member to pray a **prayer of petition*

[The Mass as a Holy Meal](#)

[Elevation Worship: O Come to the Altar](#).....a moment of reflection

PRAYER OF THANKSGIVING

Gracious and Generous God,
We come before You today
With grateful hearts.

In the beauty and bounty of your creation
We see the work of your hand;
In the loving faces around us.

May this meal nourish us and strengthen us,
So others may know Your plenty
In our kindness,
And see Your care and concern
In our witness.

Let us live true lives of gratitude,
As we pray in thanks to You, our God
Who lives forever and ever. Amen