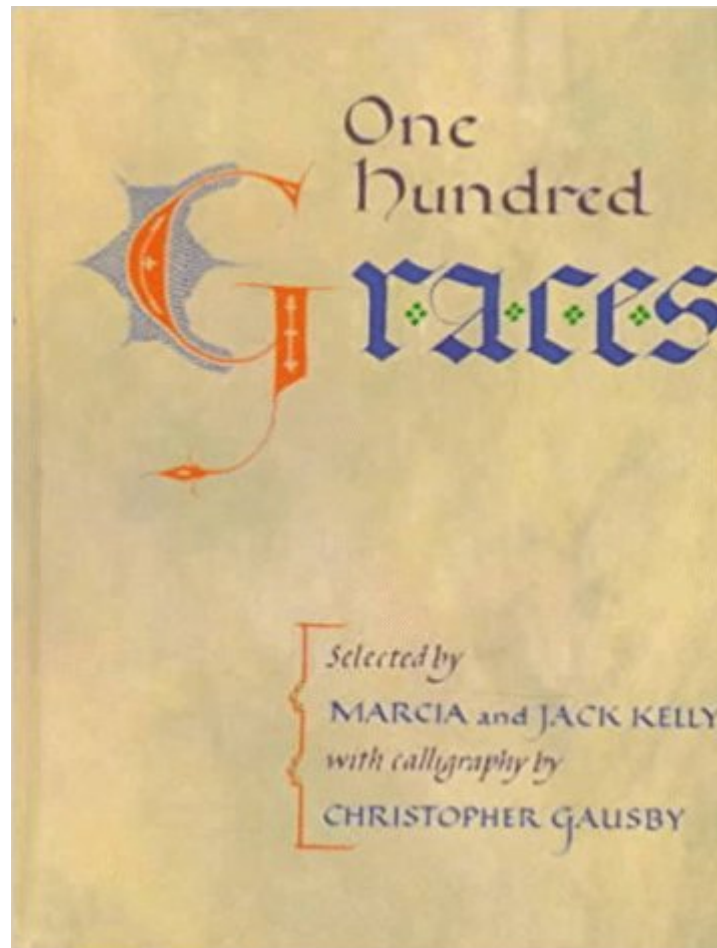


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# One Hundred Graces



## Synopsis

Here are one hundred ways of giving thanks for our food in a glorious collection of ancient and contemporary graces from many traditions. Saying grace before meals is a time-honored ritual in which we acknowledge the source of all nourishment; experience a moment of stillness, humility, and gratitude; and perhaps dedicate the strength and vitality we receive from the food to the service of others. These blessings -- Christian and Jewish, Hindu and Buddhist, Islamic and Native American -- were gathered by Marcia and Jack Kelly in their travels to monasteries, and inscribed by Christopher Gausby in calligraphy reminiscent of the manuscripts of medieval Europe. Not just for special occasions but each time we sit down at the table, this is a book to treasure and to use.

## Book Information

Hardcover: 125 pages

Publisher: Harmony; 1st edition (October 27, 1992)

Language: English

ISBN-10: 0517585677

ISBN-13: 978-0517585672

Product Dimensions: 0.2 x 5.5 x 7.5 inches

Shipping Weight: 8.8 ounces

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (8 customer reviews)

Best Sellers Rank: #1,050,244 in Books (See Top 100 in Books) #224 in [Books > Religion & Spirituality > Worship & Devotion > Prayerbooks](#) #1501 in [Books > Religion & Spirituality > Worship & Devotion > Meditations](#) #2260 in [Books > Religion & Spirituality > Worship & Devotion > Prayer](#)

## Customer Reviews

This book is both a delight to the eyes and spirit. The graces are done in beautiful (but very legible) calligraphy and include an incredibly diverse group of table blessings. Although Christian blessings are slightly in the majority, everything from Sufi to Lakota Indian to Buddhist are included. Each blessing is short but full of punch. Some have physical instructions (as one beautiful one where the first four bites are addressed and then the empty plate is addressed at the end)

These blessings are beautifully presented, both through the words and calligraphy. They touch the heart, expressing the joy of gratitude and shared fellowship, without giving the sense of a religious treatise. Well done.

Like many modern families, we have taken varying spiritual paths, and of course our friends who join us for holiday dinners have, as well. I don't like to put people of other (or no) faiths on the spot by offering a Christian blessing. This little book was a wedding present from a treasured friend. I usually hand it to the youngest person joining us (sometimes my daughter) and ask if they can choose a blessing to offer. We have shared so many delightful faith traditions as a result, and the guests always seem to appreciate it greatly!!!

I purchased this little book of prayers probably 20 years ago. It sits above my kitchen window on the ledge and has fallen into the sink many a time.. But it's influence goes beyond it's physical condition. I use this beautiful prayer book before every meal and celebration we have in our home. The best compliment I have ever gotten is from a Jewish friend of mine who was so touched by my little weather beaten book and the family prayer before our Christmas feast last year. She was an invited guest. She is invited this year for Christmas also and under the tree will be this little magical book for her own kitchen window ledge.

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