

Family Prayers: A Sampler

Irene Praeger, Editor

Chalice or Candle Lightings

Flaming chalice, burning bright,
now you share with us your light.

May we always learn to share
With all people everywhere.

EVA M. CESKAVA, ADAPTED

We light this chalice for the light of truth.

We light this chalice for the warmth of love.

We light this chalice for the energy of action.

MARY ANN MOORE

May the light of this chalice give light and warmth to our family,

On good days and bad, happy and sad,

And may we feel the warmth spread from our family circle
to wider and wider circles,

Until we feel our family part of the one circle of life.

BETSY DARR

In times of light and times of darkness

May this small flame

Kindle what is good

In us and in the world.

SARAH GIBB MILLSPAUGH

We light this chalice to celebrate the love within us, among us, and all around us.

DAVID HERNDON

For daylight and darkness,

for sunshine and rain,

for the earth and all people,

we offer deep thanksgiving.

We kindle this light in celebration

of the life that we share.

GARY KOWALSKI

Graces

Here at the table now we pray:

keep us together day by day;
may this, our family circle, be
held fast by love and unity.

JOHN S. MACKEY

Loving spirit, be our guest,
Dine with us, share our bread,
That our table might be blessed
And our souls be fed.

GARY KOWALSKI

Blest be the hand that plants the seed,
Blest be the Earth giving all that we need.
Blest be the food we share among friends,
Blest be the love that never ends.

JOYCE POLEY

May we hold hands quietly for a moment
Feeling love flow around us and through us,
Knowing that as we give love away
There is always more within.

ANONYMOUS

For the sun and the dawn
Which we did not create;
For the moon and the evening
Which we did not make;
For food which we plant
But cannot grow . . .
We lift up our hearts in thanks this day.

RICHARD FEWKES

May we be connected to all things loving,
Protected from all things evil,
And guided in all ways gracious.

RIKKITY

We lift our hearts in thanks today
for all the gifts of life.

PERCIVAL CHUBB

Prayers

For flowers that bloom about our feet,
For tender grass so fresh and sweet,

For song of bird and hum of bee,
For all things fair we hear or see,
Giver of all, we thank you.

For this new morning with its light,
For rest and shelter of the night,
For health and food, for love of friends,
For everything your goodness sends,
Giver of all, we thank you.

ANONYMOUS, ADAPTED

We breathe in faith
And exhale hopelessness
We breathe in gratitude
And exhale indifference
We breathe in Beauty
And exhale insensitivity
We breathe in joy
And exhale sadness
We breathe in kindness
And exhale harshness
We breathe in forgiveness
And exhale resentment

We breathe in love

And exhale isolation.

EDWIN C. LYNN

Now I lay me down to sleep

And float into God's dreamy deep.

For my life my thanks I give.

To love the world, for this I live.

When I wake in the morning light,

May God be with me and guide my sight.

SUSAN MAGINN AND PETER CAMPBELL

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For Further Reading

Some of these resources are available from the UUA Bookstore: 1-800-215-9076; www.uua.org/bookstore.

Cox, Meg. *The Book of New Family Traditions: How to Create Great Rituals for Holidays and Everyday*. Philadelphia: Running Press, 2003.

Hurd, Tracey L. *Nurturing Children and Youth: A Developmental Guidebook*. Boston: Unitarian Universalist Association, 2005.

Nieuwejaar, Jeanne Harrison. *The Gift of Faith: Tending the Spiritual Lives of Children*, 2nd Edition. Boston: Skinner House, 2003.

Pickett, Helen, ed. *Rejoice Together: Prayers, Meditations, and other Readings for Family, Individual, and Small-Group Worship*, 2nd Edition. Boston: Skinner House, 2006.

Searl, Edward, ed. *Bless This Child: A Treasury of Poems, Quotations and Readings to Celebrate Birth*. Boston: Skinner House, 2006.