

A COLLECTION OF GRACES

From "What We Stand For"

Graces, Blessings, and Invocations

The Girl Scout organization does not endorse or promote any particular philosophy or religious belief. Our movement is secular and is founded on American democratic principles, one of which is freedom of religion.

Although Girl Scouts has policies supporting religious diversity, there is no policy by Girl Scouts of the USA that prohibits or requires the saying or singing of a grace, blessing, or invocation before meals by Girl Scout members in a troop/group setting, in a resident or day camp, or at meetings, conferences, and other large events. The decision to say a grace, blessing, or invocation is made locally at the troop or group level, and should be sensitive to the spiritual beliefs of all participants.

ORCHARD & FIELD - tune: Tell Me Why

Orchard and ocean, the farm and field

We are so thankful for all they yield.

For earth and water, for flower and seed

We are so thankful in thought, word and deed.

CARE FOR ME - tune: There is a Tavern in the Town

So many people care for me (care for me)

And make me happy as can be (as can be)

A-a-and give me bread and a place to rest my head,

Oh, the joy of friends and family!

(spoken) Thank you!

THANK YOU - tune: Twinkle, Twinkle Little Star

Thank you for the food we eat,

Thank you for new friends we meet.

Thank you for Girl Scouting days

As we learn in fun-filled ways.

May we always try to do

As we promised, duty true.

NATURE'S THANKS (spoken)

The eagle give thanks for the mountains

The fish give thanks for the sea.

We give thanks for the goodness

And for what we're about to receive.

(arms like wings, then become mountain peaks)

(hands together like swimming fish, then wave motion)

(arms raised in front like receiving something being passed down from a height)

(arms lowering, hands like they are holding something)

TIME TO EAT 1- tune: Ain't she Sweet
Time to eat, thankful Girl Scouts in each seat!
We thank you for your generosity- time to eat!

TIME TO EAT 2 - tune: Ain't she Sweet
Time to eat, Girl Scout snack time is a treat!
We thank God for his generosity--Time to eat!

WE THANK YOU - tune: Kum-Bah-Yah
For the food we eat, we thank you,
For the friends we meet, kind and true.
For the fun we share, all day through,
We thank you, we thank you.

GIRL SCOUT GRACE -tune: Auld Lang Syne
For all the bounty we receive,
Let us offer thanks and praise.
And be courageous, strong and fair,
As we live the Girl Scout way.

WE ARE THANKFUL - tune:Are You Sleeping
(Can be song as a call and response grace. Lead singer sings the first part of each line and the group sings it back)
We are thankful, we are thankful
For our food, for our food.
And our many blessings, and our many blessings,
We thank you, we thank you.

MMM GRACE - tune: Linger
MMM - I am so thankful
MMM - that we're together
MMM - to share this food with each of you.

THANKS FOR THIS FOOD - tune: Hark to the Chimes
Thanks for this food,
That we shall eat,
Thanks for the bread,
And for the meat.

ADDAMS FAMILY GRACE - tune: "The Addams Family"
We thank the cooks for giving
The food we need for living
So go ahead and eat it
Before it crawls away

Da da da da (snap snap)
Da da da da (snap snap)
Da da da da, da da da da,
Da da da da (snap snap)

We've filled our plates and dishes,
With food that is nutritious,
And all that we can wish is,
To thank you very much.

Da da da da (snap snap)
Da da da da (snap snap)
Da da da da, da da da da,
Da da da da (snap snap)

ALPHABET GRACE - [adapted]

A-B-C-D-E-F-G

I thank you all for feeding me.

THANKS GRACE - Tune: Row, Row, Row Your Boat

Thanks, thanks, thanks for food, *
We're thankful that it's here.
And help us now to spread our love
To people far and near.

*The round starts here.

BOOM BOOM TA-RA-RA - Tune: Roll Out The Barrel

Give thanks for good friends,
We have a barrel of fun.
Give thanks for good food,
We'll eat up the very last crumb.

Zing, boom, ta-ra-ra!
Sing out a song of good cheer.
Now's the time for us to give thanks,
The food and friendship's here!

CHALET GRACE – Tune: Chansons de Notre Chalet

You, who have worked today for our refreshment
Come and partake
You who have worked today
Come, share with us this bread, for friendships sake

CHANT

Give me a G
Give me an R
Give me an A
Give me a C
Give me an E
What does it spell?
GRACE! Let's eat!

DOO WA DITTY

Thank you all for the food that we've received
Singing doo wa ditty ditty dum ditty doo
And thank you for the bread, the butter and the meat
Singing doo wa ditty ditty dum ditty doo
Looks good (echo: looks good)
Tastes Fine (echo: taste fine)
Looks good, tastes fine
We eat it up all the time!
Singing doo wa ditty ditty dum ditty dooooo. Lets Eat!

GIRL SCOUT MAMBO - Tune: Mambo #5

A little bit of breakfast on my plate,
A little bit of dinner, don't be late,
A little bit of gorp while on a hike,
A little bit of s'mores by firelight,
A little bit of brown bears on my stick,
A little bit of pudding, not too thick,
A little bit of ice cream in the can,
We thank you all and say amen.

HARK TO THE CHIMES

Hark to the chimes,
Come bow thy head,
We thank the world,
For this good bread.

LET'S JOIN HANDS - Tune: Mary Had a Little Lamb

Let's join all hands and give our thanks,
Give our thanks, give our thanks,
Let's join all hands and give our thanks,
For what we have to eat.

LOVELY TREAT – Tune: This Old Man

Bread and jam, bread and jam,
I am grateful, yes I am
I thank you kindly for the food I eat.
Thank you for this lovely treat.

MARINERS WE – Tune: Taps

Mariners we, gay and free
As the sun sinks beyond sail and sea
Shipmates true, loyal crew,
We leave you.
(Not "inclusive, but exposure to another culture)

PROMISE AND LAW GRACE - Tune: I'm Going to Leave Ol' Texas

I'm goin' to share [I'm goin' to share]
This meal with friends [This meal with friends]
Let's give our thanks, [Let's give our thanks,]
Before this day ends. [Before this day ends.]

The Promise and Law [The Promise and Law]
Show me the way [Show me the way]
To be preparedí [To be prepared]
For each and every day. [For each and every day.]

NATIVE AMERICAN GRACE

May the great spirit (hands circle above head)
In the future (hands extend in front)
As in the past (hands extended back)
Fill our hearts (hands cross chest)
With much (roll hands)
And great joy. (pound fists on one another)

"INDIAN/NATIVE" THANKS

The eagle give thanks for the mountains.
(arms like wings, then become mountain peaks)
The fish give thanks for the sea.
(hands together like swimming fish, then wave motion)
We give thanks for our blessings,
(arms raised in front like receiving something being passed down from a height)
And for what we're about to receive.
(arms lowering, hands like they are holding something)

SILENT GRACE

(Speak the grace first with motions, and then silently tell the story with the motions.)
Till the ground (run fingers across palm)
Plant the seeds (plant seeds on palm)
Rain comes down (fingers drop down to palm)
Sun comes out (hand rises from palm)
Plants grow (fingers rise from palm)
Cut them down (push edge of hand into palm several times)
Make the bread (palm to palm a few times)
Bake the bread (hands out, fingers away from body)
Give thanks (hands in prayer)

THANKS A LOT

Thanks a lot
Thanks for the sun in the sky
Thanks a lot
Thanks for the clouds so high
Thanks a lot
Thanks for the whispering wind
Thanks a lot
Thanks for the birds in the spring
Thanks a lot
Thanks for the moonlit night
Thanks a lot
Thanks for the stars so bright
Thanks a lot
Thanks for the wonder in me
Thanks a lot
Thanks for the way I feel
Thanks for the animals
Thanks for the land
Thanks for the people everywhere
Thanks a lot
Thanks for all I've got
Thanks for all I've got

CAMP GRACE (*Canciones De Nuestra Cabana*, p. 55)

(Note: This grace can be easily tailored for the group and situation. Have people sing the "leader" line as they feel moved or have them write out thoughts ahead for a single chanter. All join in the chorus.)

Leader: Lift up your hearts;
Chorus: Hearts and minds and voices all give thanks.

Leader: For this our food.
Chorus: Hearts and minds and voices all give thanks.

Leader: For this our drink;
Chorus: Hearts and minds and voices all give thanks.

Other verses:
For these our friends;
For this our camp;
For friends and family;
For earth and sky;

Last verse:
We thank Thee Lord.