

## GRACES

Singing a Grace before eating is a Girl Scout tradition observed when Girl Scouts get together. This year, each Unit is responsible for leading a grace before the same meal at which they will be doing the after meal clean-up. We have taken a great deal of care to offer graces that can be used by all troops. Many were compiled and rewritten by Carol Lee Spages to be used universally in consideration of the different faiths within our Girl Scout family.

Please select your Grace from the packet of Girl Scout graces already placed in your unit and make sure that everyone in your unit knows the tune. Each Unit has a different set of Graces to choose from. Please arrive at the dining hall a few minutes before your scheduled meal time, which is posted in your Units.

### A NEW DAY

We wake and rise to a new day,  
Silver and green and gold.  
Live that the sunset may find us  
Worthy the gift we hold.

### ADDAMS FAMILY GRACE

(chorus):

Da da da da (snap snap)(2x)  
Da da da da, da da da da,  
Da da da da (snap snap)

We thank the Lord for giving  
The things we need for living  
The food, the fun, the friendship,  
The Scouting fam-i-ly

(chorus)

We thank you for our food Lord  
For mom and dad and You Lord  
We thank you for our food Lord  
The scouting fam-i-ly.

(chorus)

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

(chorus) (substitute Ah-ah amen for da da da da)

### AMAZING GRACE

Amazing grace, how great the world  
That meets my every need,  
I quench my thirst, I make new friends,  
My soul and body feed.

### BLESS THIS FOOD

tune: *Row Row Row your boat*

Bless, bless, bless this food  
Bless all present here.  
And help us now to spread your love  
To people far and near.

### 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,  
Don't waste one single crumb.  
Boom Boom Ta-ra-ra!  
Sing out a song of good cheer.  
Now's the time to give our big thanks,  
For the friendship's here!

### 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!

### FOR HEALTH AND STRENGTH (reworded)

For health and strength and daily bread  
We're thankful for this day.

### 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.

### JOHNNY APPLESEED

The Lord is good to me  
And so I thank the Lord  
For giving me the things I need  
The sun and rain and the apple seed.  
The Lord is good to me.  
And every seed that grows  
Will grow into a tree,  
And one day soon there'll be apples there,  
For everyone in the world to share.  
The Lord is good to me.

**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.

**MMM GRACE**tune: *Linger*

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

**(MORNING -NOONTIME -EVENING) IS HERE**

(Time of day) is here.  
 The board is spread.  
 We give our thanks  
 For this good bread.

**NATURE'S THANKS**

(Spoken) 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 the goodness  
 (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)

**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.

**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.

**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.

**THE GOOD GRACE**

(Spoken)

Good bread. Good meat.  
 Good Gracious. Let's eat!

**TIME TO EAT**tune: *Ain't She Sweet*

Time to eat,  
 thankful Girl Scouts in each seat!  
 We thank you for your generosity -  
 time to eat!

**WE ARE THANKFUL**tune: *Are You Sleeping* (Sing as Round)

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  
 \*second part of round begins here

**WE KNOW, WE KNOW**tune: *Hi Ho, Hi Ho*

We know, we know  
 from where all blessings flow  
 We thank you then -We say Amen  
 We know, We know, We know, We know  
 Amen

**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.