

Saying Grace 2025

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Expression of Appreciation
For Benefits Received,
Natural and Social Resources
That Support Life and Happiness.

Why?

Tradition

It's What We Do,
Mainly Before We Eat,
Especially in Gatherings of Family and Friends
On Special Occasions.

Religious Ritual

A Form of Prayer
Attributing Supernatural Agency -
God or Gods or Spirits or Ancestors -
As the Source of All Benefits.

Spirituality

Celebrating the Unification Principle
Underlying the Shared Identity of Everything,
Being Present
In the All as One.