

## **A Speaker and Meal Blessing**

*Julie Donovan Massey*

God of fire and water, wind and stillness, cups emptied and overflowing, we set before you our many-layered lives: some moments swaying to rhythms of Your Word, some moments rocked in the rush of it all. And we seek wholeness, focus, balance.

Guide our seeking and bless this moment in our search. Bless our beloved speaker this day. Bless the friends, new and old, with whom we gather at table. Bless the food before us, and all who shared their gifts in growing and preparing it. And bless all who hunger for food, for friendship, for balance, for You.

We make our prayer in Jesus' name.

Amen.

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