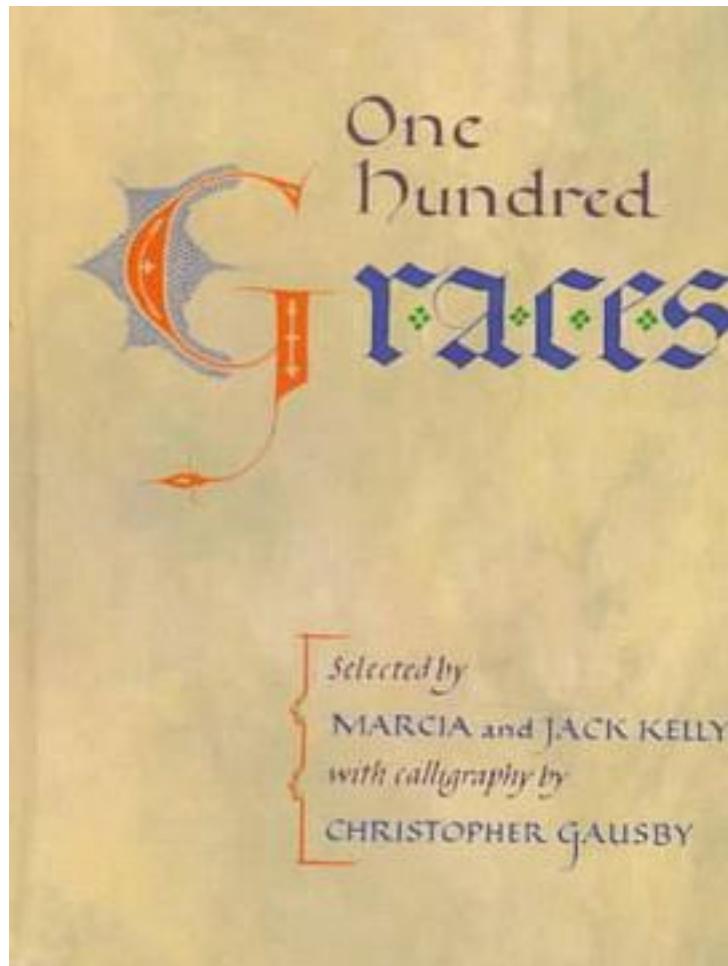


# One Hundred Graces



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著者:Marcia M. Kelly

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Book Description Here are one hundred ways of giving thanks for our food in a glorious collection of ancient and contemporary graces from many traditions. Saying grace

before meals is a time-honored ritual in which we acknowledge the source of all nourishment; experience a moment of stillness, humility, and gratitude; and perhaps dedicate the strength and vitality we receive from the food to the service of othersThese blessings -- Christian and Jewish, Hindu and Buddhist, Islamic and Native American -- were gathered by Marcia and Jack Kelly in their travels to monasteries, and inscribed by Christopher Gausby in calligraphy reminiscent of the manuscripts of medieval Europe. Not just for special occasions but each time we sit down at the table, this is a book to treasure and to use. Inside Flap Copy Here are one hundred ways of giving thanks for our food in a glorious collection of ancient and contemporary graces from many traditions. Saying grace before meals is a time-honored ritual in which we acknowledge the source of all nourishment; experience a moment of stillness, humility, and gratitude; and perhaps dedicate the strength and vitality we receive from the food to the service of othersThese blessings -- Christian and Jewish, Hindu and Buddhist, Islamic and Native American -- were gathered by Marcia and Jack Kelly in their travels to monasteries, and inscribed by Christopher Gausby in calligraphy reminiscent of the manuscripts of medieval Europe. Not just for special occasions but each time we sit down at the table, this is a book to treasure and to use.

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