

5 simple ways to share **GRATITUDE**

Gratitude fills our hearts as we share this meal.



We give thanks for the food before us, the friends beside us, and the love between us.



May all beings be happy; may all beings be without disease. May all beings experience the sensation of hope. May nobody suffer in any way.



Thank you for the world so sweet,
Thank you for the food we eat,
Thank you for the birds that sing,
Thank you, for everything.



We appreciate the efforts of everyone who made this possible.

