

## Prayer for Grace Before and After Meals

### Grace Before Meals

Bless us, O Lord,  
as we sit together.  
Bless the food we eat today.  
Bless the hands that made the  
food.  
Bless us, O Lord.  
Amen.

### Grace After Meals

Thank you God,  
for the food we have eaten.  
Thank you God,  
for all our friends.  
Thank you God,  
for everything.  
Thank you God.  
Amen.

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Christmas Season

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# Christmas Day

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# Christmas Day Readings

**First Reading:** Isaiah 52:7-10

**Psalm:** Psalm 97(98):1-6

**Second Reading:** Hebrews 1:1-6

**From the Gospel of John (1: 1-18)**

In the beginning was the Word:  
and the Word was with God  
and the Word was God.

He was with God in the beginning.  
Through him all things came to be,  
not one thing had its being but through him.  
All that came to be had life in him  
and that life was the light of men,  
a light that shines in the dark,  
a light that darkness could not overpower.

A man came, sent by God.  
His name was John.  
He came as a witness,  
as a witness to speak for the light,  
so that everyone might believe through him.  
He was not the light,  
only a witness to speak for the light.

The Word was the true light  
that enlightens all men;  
and he was coming into the world.  
He was in the world  
that had its being through him,  
and the world did not know him.

He came to his own domain  
and his own people did not accept him.  
But to all who did accept him  
he gave power to become children of God,  
to all who believe in the name of him  
who was born not out of human stock  
or urge of the flesh  
or will of man  
but of God himself.

The Word was made flesh,  
he lived among us,  
and we saw his glory,  
the glory that is his as the only Son of the Father,  
full of grace and truth.

John appears as his witness. He proclaims:  
'This is the one of whom I said:  
He who comes after me ranks before me  
because he existed before me.'

Indeed, from his fullness we have, all of us,  
received –  
yes, grace in return for grace,  
since, though the Law was given through Moses,  
grace and truth have come through Jesus Christ.  
No one has ever seen God;  
it is the only Son,  
who is nearest to the Father's heart,  
who has made him known.

# Reflection

Today we rejoice in God's overwhelming love for us, expressed through his Son Jesus. In our Christmas Day Gospel, John writes, "And the Word became flesh and made his dwelling among us, and we saw his glory, the glory as of the Father's only Son, full of grace and truth."

The Advent Gospels have helped us prepare for this day! We have been encouraged through the words of the prophets, John the Baptist, and the angel Gabriel, who said – "Do not be afraid." Through Christ, we are once again invited into the "fulness of life" – where hope and joy are realities, not dreams.

Pope Francis tells us: "Christmas is joy." The joy that we experience in the love of Christ, though, is eternal. It is not simply happiness in a thing or a moment. Our joy is the Good News of salvation in Christ, the Incarnate One, Emmanuel, God-with-us.

***Every Blessing to you and your family  
this Christmas!***