

WE GATHER

Tune: My Bonnie

We gather to ask for your blessing
We gather to thank you in prayer
Please bless all this food we are sharing
And keep us in your tender care.

WE KNOW, WE KNOW

Tune: Hi Ho, Hi Ho

We know, we know,
From whom all blessing flow
We thank him then
We say Amen
We know, we know!
(We know, We know, We know-- repeat 3x or until
everybody sings!)

Yankee Doodle Grace

Tune: Yankee Doodle

We thank you, Lord for daily bread,
For rain and sunny weather.
We thank you, Lord for this our food
And that we are together.
Thank you, thank you, thank you, God.
Thank you, thank you, Father.
Thank you, God for this our food
And that we are together.

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Girl Scout Graces

Porridge Grace

(spoken)

Dear Lord

Keep us from being like porridge
Slow to boil and hard to stir
Make us like corn flakes
Always prepared and ready to serve

This book belongs to
Troop _____

List of Tunes

Addams Family theme song (Girl Scout Family Grace).....6
Ain't She Sweet (Time To Eat Grace).....13
Alphabet song (Alphabet Grace).....1
Amen (Amen).....1
Camp Town Races (Everyday).....5
Do Lord (Do Lord).....4
Doo Wa Ditty Ditty (Doo Wa Ditty Ditty).....4
Farmer in the Dell (Seed Grace)....11
Frere Jacques (God Our Father Grace).....8
Gilligan's Island (Blessings of This Day Grace).....3
Happy Birthday (Alleluia, Amen).....1
Hi Ho, Hi Ho (We Know, We Know).....14
I Love The Mountains (God Made The Mountains).....7
Jingle Bells (Bless This Food).....2
Johnny Appleseed (Johnny Appleseed Grace).....9
London Bridge (God Is Great Grace).....7
Mambo Number 5 (Girl Scout Mambo).....7
Michael Row Your Boat (Thank You for the Food We Eat).....12
Mickey Mouse (Thank You Lord Grace).....13
My Bonnie (We Gather).....14
On Top of Old Smokey (He Hears Grace).....8
Praise Ye the Lord (Praise Ye Grace).....10
Rock Around the Clock (Around the Clock Grace).....2
Roll Out The Barrel (Boom-Boom-Ta-Ra-Ra).....3
She'll be coming 'round the mountain (For Goodness).....5
Superman theme (Superman Grace).....11
Tell Me Why (Orchard and Ocean).....10
Ten Little Indians (Ten Big Thank Yous Grace).....12
These Tall Green Trees (Beneath These Tall Green Trees Grace).....2
This Old Man (Lovely Treat).....9
Twinkle, Twinkle Little Star (Thank You God Grace).....12
Windy (Thanks Be To God Grace).....13
Yankee Doodle (Yankee Doodle Grace).....14

Spoken ("Indian/Native" Thanks).....8

Thank You Lord Grace

Tune: Mickey Mouse

T-H-A-N-K-Y-O-U thank you, Lord
Thank You, Lord
Thank You, Lord
For the blessings you have given us today!
HEY HEY HEY
T-H-A-N-K-Y-O-U Thank you, Lord!

Thanks Be To God Grace

Tune: Windy

Thanks be to God, our Father in heaven.
Thanks be to God, who gave us this bread.
Thanks be to God, the spirit eternal.
Thanks be to God, forever.

Time To Eat Grace

Tune: Ain't She Sweet

Oh, It's time to eat,
Girl Scout meal time is a treat!
We thank God for his generosity
It's time to eat!

Ten Big Thank Yous Grace

Tune: Ten Little Indians

One little, two little, three little thank yous.
Four little, five little, six little thank yous.
Seven little, eight little, nine little thank yous.
Ten big thank yous to God.

Thank You for the Food We Eat Grace

Tune: Michael Row Your Boat

Thank you for the food we eat, Hallelujah.
Thank you for the friends we meet, Hallelujah.
Thank you for the birds that sing, Hallelujah.
Thank you Lord for everything, Hallelujah.

Thank You God Grace

Tune: Twinkle, Twinkle Little Star

Thank you God for all that grows,
Thank you for the sky's rainbows,
Thank you for the stars that shine,
Thank you for these friends of mine,
Thank you for the moon and sun,
Thank you God for all you've done!

ALLELUIA, AMEN

Tune: Happy Birthday

Alleluia, Amen
Alleluia, Amen
Alleluia, Alleluia,
Alleluia, Amen

Alphabet Grace

Tune: Alphabet song

short version: sing first two lines

A-B-C-D-E-F-G
Thank you, God, for feeding me.
Drink and bread and meat I see,
With the land and grass and tree,
A-B-C-D-E-F-G
Thank you, God, for feeding me.

AMEN

A Amen, A Amen, A amen, Amen, Amen.
HEAR THE LITTLE CHILDREN
A Amen, STANDING AT THIS TABLE, A Amen
ASKING FOR YOUR BLESSING
Amen, Amen!

Around the Clock Grace

Tune: Rock Around the Clock

God is great,
God is good
Let us thank Him for our food.
We're gonna thank Him mornin', noon and night.
Be-cause our God is outta sight.
We're gonna thank him, thank him, mornin', noon, and
night.
A, A, A, ... men!

Beneath These Tall Green Trees Grace

'Neath these tall green trees we stand,
Asking blessings from Thy hand.
Thanks we give to thee above,
Thanks for health and strength and love.

BLESS THIS FOOD

Tune: Jingle Bells

Bless this food,
Bless this food,
Bless this very meal.
God you are so good to me,
This is how I feel.

SEED GRACE

Tune: Farmer in the Dell

The seed goes in the ground,
The seed goes in the ground,
The sun, the rain will make the grain,
The seed goes in the ground.

The grain goes to the mill,
The grain goes to the mill,
God's wind and power make the flour.
The grain goes to the mill.

The flour makes the bread,
The flour makes the bread.
God keeps us fed, God keeps us fed.
That's how God's love is spread!

Superman Grace

Tune: Superman theme

Thank you God, for giving us food
(actions: raise right arm overhead as Superman flying)
Thank you God, for giving us food
(actions: raise left arm flying)
For the food that we eat
(actions: standing with both arms over head, to the left)
For the friends that we meet
(actions: standing with both arms over head, to the right)
Thank you Lord, for giving us food!
(actions: move both hands in fists to hips and stand strong like Superman)

ORCHARD AND OCEAN

Tune: Tell me why

Orchard and ocean
Farm and field
We thank our maker
For all they yield.
For earth and water
For flower and seed
We thank you God
In thought, word and deed.

Praise Ye Grace

*Notes: Can be sung in parts with half doing the
'praise ye' and half doing the 'allelu'.*

Sing the last line together.

Tune: Praise Ye the Lord

Allelu, allelu, allelu, alleluia,
Praise ye the lord.
Allelu, allelu, allelu, alleluia,
Praise ye the lord.
Praise ye the lord, alleluia.
Praise ye the lord, alleluia.
Praise ye the lord, alleluia.
Praise ye the lord.

Blessings of This Day Grace

Tune: Gilligan's Island

We thank Thee, Lord, for giving us
The blessings of this day;
For friends and food and family,
And showing us the way.
The bounty that you set before
Us, proves to us you care.
We praise you, Lord, for showing us
Your presence everywhere.
So, join us at this table, Lord,
As we prepare to dine.
All that we have is sent from you;
And all we have is thine.

BOOM BOOM TA-RA-RA

Tune: Roll Out The Barrel

Give thanks for good friends,
We have a barrel of fun.
Give thanks for good food,
We won't waste one single crumb.

Boom Boom Ta-ra-ra!
Sing out a song of good cheer.
Now's the time for us to give thanks,
The food and friendship's here!

DO LORD

Tune: Do Lord

Do Lord, oh do Lord
Oh do accept from me,
Oh Lordy,
Do Lord, oh do Lord
Oh do accept from me
Oh Lordy,
Do Lord, oh do Lord,
Oh do accept from me
The thanks I give to Thee.

DOO WA DITTY DITTY

Thank you Lord for the food that we receive
Singing doo wa ditty ditty dum ditty doo
Thanks to Thee for bread and butter and the meat
Singing doo wa ditty ditty dum ditty doo
Looks good (echo: looks good)
Tastes Fine (echo: taste fine)
Looks good, tastes fine
And we praise God for all time!
Singing doo wa ditty ditty dum ditty dooooo.

Johnny Appleseed Grace

Tune: Johnny Appleseed

Ooooooooooooooooooh,
The Lord is good to me
And so I thank the Lord
For giving me the things I need
The sun and the rain and the apple seed.
The Lord is good to me.

And every seed that grows
Will grow into a tree,
And one day soon there'll be apples there,
For everyone in the world to share.
The Lord is good to me.

LOVELY TREAT

Tune: This old man

Bread and jam, Bread and jam,
I am grateful, yes I am
I thank God for the food I eat.
Thank Him for this lovely treat.

God Our Father Grace

Tune: Frere Jacques

God our father, God our father
Once again, once again,
Thank you for our blessings,
Thank you for our blessings.
Amen, amen.

He Hears Grace

Tune: On Top of Old Smokey

My God is so great
And I am so small,
But it doesn't matter
He hears when I call.
He hears when I whisper,
He hears when I shout.
He hears my loud 'thank you'
'cause I'm a Girl Scout.

“INDIAN/NATIVE” THANKS

The eagle give thanks for the mountians.
(arms like wings, then become mountain peaks)
The fish give thanks for the sea.
(hands together like swimming fish, then wave motion)
We give thanks for our blessings,
(arms raised in front like receiving something being passed down from a height)
And for what we're about to receive.
(arms lowering, hands like they are holding something)

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EVERYDAY

Tune: Camp Town Races

Thank you God for all you do
Ale-luya
Thank you God for all you do
Every single day.
Thank you, Thank you God.
Thank you, Thank you God.
Thank you God for all you do
Every single day.

FOR GOODNESS

Tune: She'll be coming 'round the mountain

Let us all thank God for goodness at this meal, (at this meal)
Let us all thank God for goodness at this meal, (at this meal)
Let us all thank God for goodness,
Let us all thank God for goodness,
Let us all thank God for goodness at this meal.

OTHER PHRASES:

We will honor God with goodness every day.

We will stand and shout His praises, Yeah God!

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Girl Scout Family Grace

*Notes: Choose as many of the verses to sing
as your scouts want to sing.*

Do the 'Amens' after the last verse.

Cross arms over chest when snapping fingers.

Tune: Addams Family theme song.

Chorus:

Da da da dum (snap snap)

Da da da dum (snap snap)

Da da da dum, Da da da dum,

Da da da dum (snap snap)

We thank you for this food Lord,
For Mom and Dad and you Lord,
We thank you for this food Lord,
The Girl Scout Fam-i-ly.

- Chorus

We thank you Lord for giving,
The things we need for living
The food, the fun, the friendship,
The Girl Scout Fam-i-ly.

- Chorus

Ah-ah-amen (snap-snap)

Ah-ah-amen (snap-snap)

Ah-ah-amen, Ah-ah-amen,

Ah-ah-amen (snap-snap)

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GIRL SCOUT MAMBO

A little bit of breakfast on my plate,
A little bit of dinner, don't be late,
A little bit of gorp while we're on our hike,
A little bit of s'mores by firelight,
A little bit of dough boys on my stick,
A little bit of pudding, not too thick,
A little bit of ice cream in the can,
We thank you, Lord, and say Amen.

God Is Great Grace

Notes: Sing in a round for more fun.

Tune: London Bridge

God is great and God is good
God is good, God is good.
Let us thank him for this food.
Alleluia!

GOD MADE THE MOUNTAINS

Tune: I love the mountains

God made the mountains,
God made the rolling hills,
God made the flowers,
God made the daffodils,
God made the field of wheat,
For all the bread we eat,
Alleluya, alleluya, alleluya, alleluya
(repeat and fade out.)

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