



Non- Denominational Invocations

For All Organizations

Quwho from Quest Technology Group



Non-Denominational Invocations

Saying grace is an ancient and vital tradition the world over.

To begin with, it provides a space, a moment of stillness, in which to relinquish the activities of the day and allow the mind to settle. Then, as we acknowledge the source of our nourishment, we are filled with astonishment at the generosity of the Creator, with gratitude, and with praise.

In bringing the body, mind, and heart together, we come to know ourselves, and remember who we are and why we are here. For some families, a meal is the only time everyone is present, and so the opportunity to enjoy one another and really celebrate the occasion is not to be lost. For many, a meal is also the only time that there is any memory of the Divine.



Saying grace establishes an immediate connection with that memory. In such a moment, when our minds are clear and the truth is reinforced by being sounded aloud, we can dedicate the meal and the strength we receive from it to the service of whomever or whatever is before us.

(One Hundred Graces, published by Harmony Books, a division of the Crown Publishing Group. 1992.



Non-Denominational Invocations

The fruit of silence is prayer.

The fruit of prayer is faith.

The fruit of faith is love.

The fruit of love is service.

The fruit of service is peace.

(Mother Theresa)



I slept and dreamt that life was joy;

I awoke and saw that life was service;

I acted and behold, service was joy!

(Rabindranath Tagore)





Non-Denominational Invocations

“People are often unreasonable and self-centered. Forgive them anyway.
If you are kind, people may accuse you of ulterior motives. Be kind anyway.
If you are honest, people may cheat you. Be honest anyway.
If you find happiness, people may be jealous. Be happy anyway.
The good you do today may be forgotten tomorrow. Do good anyway.
Give the world the best you have and it may never be enough. Give your best anyway.
For you see, in the end, it is between you and God. It was never between you and them anyway.”

(Mother Theresa)





Non-Denominational Invocations

Lord,

Make me an instrument of Your peace.

Where there is hatred, let me sow love.

Where there is injury, pardon.

Where there is doubt, faith.

Where there is despair, hope.

Where there is darkness, light.

Where there is sadness, joy.

Grant that I may not so much seek to *be consoled*, as to *console*;

To *be understood*, as to *understand*; and

To *be loved*, as to *love*.

For it is in *pardoning* that *we* are pardoned.

And it is in dying to the self that we are born to eternal life. Amen.

(Prayer of St. Francis of Assisi)





Non-Denominational Invocations

Heavenly Father,

Teach us that even if we can't do great things, we can at least do small things in a great way. May we always be sincere in our efforts to help others in need. Now bless this food to our use and us to Your service.

Amen. (Invocations for Kiwanis Occasions, Kiwanis International, Indianapolis, IN 2001.)



For the food that nourishes our bodies . . .
for the fellowship here that feeds our souls . . .
for all things good and beautiful with which our lives are filled . . .
we give our thanks today.
Amen (*Unknown*)



Let us take a moment to remember all the religions represented in the worldwide Rotary family. Let us recall that when we were invited to join this Rotary club, we were



Non-Denominational Invocations

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not asked if we were a Protestant, a Hindu, a Muslim, a Jew, a Catholic, or a Buddhist. We were not asked because all religions are welcome in the Rotary family. Please join me in a moment of reflection and thanks with these words:

With our friends beside us, and no person beneath us,

With the bonds of Rotary between us, and our worries behind us,

With our goals before us, and no task beyond us,

With a thirst for knowledge, and a dream for a polio-free world,

We are thankful for our Rotary friends and the meal we are about to share. Thank you.

(Chris Offer, 5040 District Governor)



Oh Great Spirit of our Ancestors,

I raise my pipe to you.

To your messengers the four winds and to Mother Earth who provides for your children.

Give us the wisdom to teach our children to love, to respect, and to be kind to each other so that they may grow with peace of mind.

Let us learn to share all good things that you provide for us on this Earth.

(Native American prayer quoted in Earth Prayers from Around the World, edited By Elizabeth Roberts and Elias Amidon, Harper Collins Publishers, 1991.)



Non-Denominational Invocations



Will you please bow your heads with me.

Let us pray silently together, each one of us, according to our individual beliefs.

Let us offer thanks for our food and the blessings of fellowship around us.

Let us be a source of hope for those in need, and contentment for those who are lonely.

Let us give gratitude for our opportunity to serve Rotary.

Let the feelings of love, kindness, and a well directed, yet gentle spirit always be reflected in our actions.

(Unknown)





Non-Denominational Invocations

Lord,

Help us to forever remember those guardians who stood in harm's way to protect our loved ones and us. Bless and keep those guardians of liberty and their loved ones, just as they blessed us and ours with their service in the name of freedom.

(NCSRC)



O God of time and eternity, help us look to the past with gratitude and to the future with hope. We remember this day those who have gone before us here, who labored not for themselves alone but with a vision of building for the future a world better than they had known. Inspire in us also a like vision, that we too may labor for things beyond ourselves, that our lives may be dedicated to high purposes and grand horizons. Make us unafraid of hopes and dreams; release us from cynicism and despair. Teach us to be realistic about our limitations but never to lose hope in our potential to transcend them. Amen.

(Earl Holt)





Non-Denominational Invocations

Heavenly Father:

Teach us to use *our* freedom to help to preserve and strengthen the freedom of *all*;

By respecting and upholding its laws;

By supporting our law enforcement agencies;

By informing ourselves on current issues;

By voting regularly and wisely; and

By honoring the rights of other people;

And now bless this food to our use and us to Your service. Amen.

(Invocations for Kiwanis Occasions, Kiwanis International, Indianapolis, IN 2001.)





Non-Denominational Invocations

As each of us gives our own thanks according to our personal persuasions, let us dwell on some thoughts that bind us together:

We are blessed with friends and laughter and fun
With rain that's as soft as the light from the sun ---
We are blessed with stars to brighten each night
You've given us help to know wrong from right --
You've given us so much please, Lord give us too,
A heart that is always Grateful to you."

Amen. An Irish Prayer. Tim Creedon PDG Rotary Club of Phoenix



For friends, food, fun and the fellowship of Rotary we give our thanks today. As we bless this meal, let us always be mindful of the amazing gifts that life has given each of us. Let these thoughts [of Mark Twain] guide our lives today:





Non-Denominational Invocations

“Work like you don’t need the money.

Love like you’ve never been hurt.

Sing like nobody’s listening.

Dance like nobody’s watching.

Live like it’s heaven on earth. “

Mark Twain





Non-Denominational Invocations

Thank You!

We hope you have found these short invocations an inspiration.

Please share with a colleague.

