**Girl Scout Graces**

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| **ADDAMS FAMILY GRACE**  *(Tune: "The Addams Family")*  We thank the earth for giving  The food we need for living  So go ahead and eat it  Before it crawls away  na na na nah (snap fingers twice)  na na na nah (snap fingers twice)  na na na nah (sing three times then snap fingers twice)  We're thirsty and we're hungry  Want something in our tummy  The food looks mighty yummy  And so we thank you all.  na na na nah (snap fingers twice)  na na na nah (snap fingers twice)  na na na nah (sing three times then snap fingers twice)  We've filled our plates and dishes,  With food that is nutritious,  And all that we can wish is,  To thank you very much.  **MMM GRACE**  *(Tune: Linger)*  MMM - I am so thankful  MMM - that we're together  MMM - to share this food with each of you  **LET'S JOIN HANDS**  *(Tune: Mary Had a Little Lamb)*  Let's join hands and give our thanks,  Give our thanks, give our thanks,  Let's join hands and give our thanks,  For what we have to eat.  **LOVELY TREAT**  *(Tune: This Old Man)*  Bread and jam, Bread and jam,  I am grateful, yes I am  I thank you kindly for the food I eat.  Thank you for this lovely treat.  **THANK YOU**  *(Tune: Twinkle, Twinkle Little Star )*  Thank you for the food we eat,  Thank you for new friends we meet.  Thank you for Girl Scouting days  As we learn in fun-filled ways.  May we always try to do  As we promised, duty true.  **Cheerios**  Tune: Edelweiss  Cheerios, cheerios  Every morning you greet me  Small and round  Toasty brown  You look happy to meet me    Bowl full milk makes you sink and float  Sink and float forever  Cheerios cheerios  Bless my breakfast forever  **Come Good Girl Scouts**  **Tune: Jesus Loves Me**  Come Good Girl Scouts  Bow your heads  Thank the Lord for this good bread  Thank Him for the whole world too  This is what we Girl Scouts do  Replace “Lord” and “Him” with “Love,” “Peace,” “Earth” or whatever word  expresses reverence and gratitude and is inclusive to your audience.  **Do Wah Diddy Diddy Grace**  Tune: “Do Wah Diddy”  (There she was just a-walkin’ down the street)  Thank you, Lord for the food that we receive  Singin’ “Do wah diddy diddy dum diddy doo.”  Thanks to Thee for bread and butter and the meat.  Singin’ “Do wah diddy diddy dum diddy doo.”  It looks good! (Looks good!)  It tastes fine! (Tastes fine!)  Looks good, tastes fine  And we praise God all the time\*  Singin’ “Do wah diddy diddy dum diddy doo.”  Note: We are vegetarian, so we might say, “beet” instead of meat!  Replace “God” with “Love,” “Peace,” “Earth” or whatever word expresses  reverence and gratitude and is inclusive to your audience.  Alternate:  \*and we eat it all the time  **Let’s Join Hands**  Tune: Mary Had a Little Lamb  Let’s join hands and give our thanks,  Give our thanks, give our thanks,  Let’s join hands and give our thanks,  Give our thanks to God.  Note: Replace “God” with “Love,” “Peace,” “Earth” or whatever word  expresses reverence and gratitude and is inclusive to your audience.  **Lovely Treat**  Tune: This Old Man  Bread and jam, Bread and jam,  I am grateful, yes I am  I thank God kindly for the food I eat.  Thank Him for this lovely treat.  Note: Replace “God” with “Love,” “Peace,” “Earth” or whatever word  expresses reverence and gratitude and is inclusive to your audience.  **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.  Replace “your” with, “this,” and “to thank You” with “to offer thanks in,” holding “in” for  an extra syllable, or whatever works to express reverence and gratitude and is  inclusive to your audience.  **Zip-A-Dee-Doo-Dah** Tune: “Zip-A-Dee–Doo-Dah”  Zip-a-dee-do-dah, Zip-a-dee-ay! We are grateful for Your blessing today. We’ve plenty to eat, to drink, and to share. We sit at your table and see love everywhere.  Replace “your” with, “this,” or “Love,” “Peace,” “Earth” or whatever word  expresses reverence and gratitude and is inclusive to your audience. |  |

**Addams Family**

Tune: Addams Family Theme

<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, Lord for giving

The things we need for living

Like food, and fun, and friendship,

We thank You, Lord, today.

<Chorus>

Replace “Lord” with “Love,” “Peace,” “Earth” or whatever word expresses reverence and gratitude and is inclusive to your audience.

Alternate:

We thank You, Lord for giving

The food we need for living

So go ahead and eat it

Before it crawls away!

We're thirsty and we're hungry

Want something in our tummy

The food looks mighty yummy

And so we thank you all

We've filled our plates and dishes

With food that is nutritious

And all that we can wish is

To thank you very much

*To the tune of: 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!

*Saying or singing a grace before meals has been a Girl Scout tradition.  Because not everyone shares the same faith and does not worship the same spiritual being, the following graces are the appropriate ones to use when hosting a meal for members of a variety of religions. They eliminate any reference to a spiritual entity.*

**ORCHARD & FIELD** - tune: Tell Me Why  
Orchard and ocean, the farm and field  
We are so thankful for all they yield.   
For earth and water, for flower and seed  
We are so thankful in thought, word and deed.

**CARE FOR ME** - tune: There is a Tavern in the Town  
So many people care for me (care for me)  
And make me happy as can be (as can be)  
A-a-and give me bread and a place to rest my head,  
Oh, the joy of friends and family!  
(spoken) Thank you!

**THANK YOU** - tune: Twinkle, Twinkle Little Star   
Thank you for the food we eat,  
Thank you for new friends we meet.   
Thank you for Girl Scouting days  
As we learn in fun-filled ways.   
May we always try to do  
As we promised, duty true.

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

**TIME TO EAT** - tune: Ain't she Sweet   
Time to eat, thankful Girl Scouts in each seat!   
We thank you for your generosity- time to eat!

**WE THANK YOU** - tune: Kum-Bah-Yah   
For the food we eat, we thank you,  
For the friends we meet, kind and true.   
For the fun we share, all day through,  
We thank you, we thank you.

**GIRL SCOUT GRACE** -tune: Auld Lang Syne   
For all the bounty we receive,  
Let us offer thanks and praise.   
And be courageous, strong and fair,  
As we live the Girl Scout way.

**WE ARE THANKFUL** - tune: Are You Sleeping  
We are thankful, we are thankful \*  
For our food, for our food.   
And our many blessings, and our many blessings,  
We thank you, we thank you.

*\*second part of round begins here*

**MMM GRACE** - tune: Linger

MMM - I am so thankful  
MMM - that we're together  
MMM - to share this food with each of you.

**THANKS FOR THIS FOOD** - tune: Hark to the Chimes  
Thanks for this food,  
That we shall eat,  
Thanks for the bread,  
And for the meat.

**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,   
Don't waste one single crumb.

Boom Boom Ta-ra-ra!   
Sing out a song of good cheer.   
Now's the time to give our big thanks,   
For the friendship's here!

**A NEW DAY**  
We wake and rise to a new day,  
Silver and green and gold.  
Live that the sunset may find us  
Worthy the gift we hold.

**MORNING - NOONTIME - EVENING) IS HERE**  
(Time of day) is here.  
The board is spread.  
We give our thanks  
For this good bread.

**ADDAMS FAMILY GRACE**  
We've filled our plates and dishes,   
With food that is nutritious,   
And all that we can wish is,   
To thank you very much.

Da da da da (snap snap)   
Da da da da (snap snap)   
Da da da da, da da da da,   
Da da da da (snap snap)

**FOR HEALTH AND STRENGTH**  
   *(reworded)*  
For health and strength and daily bread  
We're thankful for this day.

**AMAZING GRACE**  
Amazing grace, how great the world  
That meets my every need,  
I quench my thirst,  
I make new friends,  
My soul and body feed.

**THE GOOD GRACE**  
   (Spoken)  
Good bread  
Good meat  
Good Gracious  
Let’s eat!

**BLESS THIS FOOD -**tune: Row Row Row your boat)  
Bless, bless, bless this food  
Bless all present here.  
And help us now to spread your love  
To people far and near.