



CHRIST'S COLLEGE

CAMBRIDGE

GRACE IN HALL BEFORE DINNER

Exhilarator omnium Christe

Christ, the gladdener of all.

Sine quo nihil suave,
nihil jucundum est:

*Without whom nothing is sweet, nothing
pleasant*

Benedic, quaesumus, cibo et potui
servorum tuorum,

*Bless, we beseech you, the food and drink of
your servants,*

Quae jam ad alimoniam corporis
apparavisti;

*Which you have now provided for the
nourishment of the body;*

et concede ut istis muneribus tuis ad
laudem tuam utamur

*And grant that we may use these gifts of
yours for your praise,*

gratisque animis fruamur;

And enjoy them with grateful minds;

utque quemadmodum corpus
nostrum cibis corporalibus fovetur,

*And that, just as our body is nourished by
bodily foods,*

ita mens nostra spirituali verbi tui
nutrimento pascatur

*So our mind may feed on the spiritual
nourishment of your Word.*

Per te Dominum nostrum.

Through you, our Lord.