

Meal Calendar

This simple tool is another reminder that the B.L.E.S.S. practices are not a program but a new way to live your life. You do not have to do anything different—just use any of the twenty-one opportunities to bless a friend or neighbor by sharing a meal. Simply include someone in something you’re already doing, but plan it out.

EAT	S	M	T	W	T	F	S
breakfast							
lunch							
dinner							
coffee							