

NUTRITION

FOOD GUIDE

Food Group		Best Food Sources to Eat
Grain Group	30%	Barley, bulgur, farro, millet, quinoa, black rice, brown rice, oats, corn
Vegetables	25%	Green, leafy, and nutrient-dense vegetables, such as spinach, carrots, broccoli, kale, and Swiss chard
Fruits	20%	Apples, blueberries, bananas, oranges, mangoes, avocados, lychees
Protein	15%	Lean beef, eggs, beans, soy, white-meat poultry, pork tenderloin
Fat and Sugar	10%	Olive oil, canola oil, sunflower oil, skim milk, yogurt

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web pray the opening prayer listen to the readings prepare your soul at the offertory participate in the eucharistic prayer receive communion and even respond to the dismissal

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web prayer for eagle scout court of honor dear lord from your judgment seat on high look down on a scoutmaster such as i search me through and find me whole then help me lord to reach my goal help me lord to work for

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web here is an example of an eagle scout benediction prayer that can be used in court of honor ceremonies dear lord as we gather here today to celebrate the achievements of this young man who has earned the rank of eagle scout we give thanks for the opportunities and challenges that have brought him to this moment

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prepared no matter the situation and trust in god the father son and holy spirit to divinely guide our days and our deeds in his peace

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web let us begin our ceremony by lighting candles symbolic of the three parts of the scout oath duty to g d and country pause for a scout to light candle duty to others pause for a scout to light candle duty to self pause for a scout to light candle mc in scouting as in most activities of life there are rules

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web eagle scout he joins the company of men who have by word deed and action upheld a way of life and an approach to living that reflects the best in our nation may serve as a role model for his troop mates and may his life reflect the values of the scout law the scout oath and traditions of his faith amen

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web jan 12 2016 worshipweb benediction for an eagle scout ceremony dear god spirit of life and love an eagle scout court of honor marks the end of one journey a journey of participating in scouting now a new journey begins with a commitment to better scouting where all may participate bless all of n s future endeavors

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web worshipweb invocation for an eagle scout ceremony dear god spirit of life and love creator of the mountains and the forests it is good to be gathered here on the occasion of n receiving his her their eagle scout award we are thankful for the service he she they has have given to his her their troop crew ship community and council

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web please stand for the invocation let us pray lord god we stand before you tonight in awe of your glory and in gratitude for all your blessings we thank you for bringing us together as a family of scouts gathered to celebrate the accomplishments of richard in attaining the rank of eagle scout

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web jan 9 2023 this weekend five young men in our community including my son noah received the highest honor in scouting by attaining the rank of eagle i was asked to deliver the opening prayer the words are below

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web opening ceremony presentation of the colors scouts of troop pledge of allegiance senior eagle scout s response eagle scout closing comments master of at this time i would like to ask to come forward and lead us in an opening prayer opening prayer mc please be seated formal opening of

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