

# 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.

<b>EAT</b>	<b>S</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>S</b>
<b>Breakfast</b>							
<b>Lunch</b>							
<b>Dinner</b>							
<b>Coffee</b>							