

- 1 **“CORN FLAKES”** first went on sale today in the USA in 1906. Corn flakes are made from “corn on the cob”, often called “maize”. It is grown in the southern **United States of America**.
- 2 Some people will have eaten **WEETABIX** for breakfast, produced from the golden wheat grown in **Canada**.
- 3 The rice in **RICE KRISPIES** is probably grown in **China** or the countries of **south-east Asia**.
- 4 Some eat **PORRIDGE** - made from oats grown in **Scotland** or East Anglia in **England**.
- 5 **SUGAR** will have been refined from sugar-beet grown in **East Anglia**, or from sugar-cane grown in the **West Indies**.
- 6 **MILK** and **EGGS** will have been produced in **Britain**.
- 7 **BACON** may be **British** or **Irish** or **Danish**.
- 8 Many of us will have eaten toast today. To make a crisp loaf of **BREAD**, **England’s** wheat-flour has to be blended with varieties of wheat grown in the **U.S.A.**
- 9 **BUTTER** may have come from **Britain**, **Ireland** or **Denmark**, or from **New Zealand**, one of our Commonwealth partners.
- 10 **MARMALADE** is often made from the famous Seville oranges of southern **Spain**. **GRAPEFRUIT** or **ORANGE JUICE** may have come from fruit grown in the southern **United States** or from around Jaffa in **Israel**.
- 11 **TEA** is grown in **India** and in **Sri Lanka**, where tea is generally called “Ceylon” after the former name of the country. **COFFEE** may have been shipped to us from **Kenya** or **Colombia** or **Brazil**.
- 12 We can see how many people from many different places throughout the world have some influence on our lives.
- 13 *Let us pray to be appreciative of all who influence our lives, including many whom we will never meet:*

**God our Father, I thank you today
for those people
whom I will never know
who make my life better
for what they offer
- those far away, and those very near.
More and more
may I come to appreciate and respect
everyone who is a part of my life.
Amen.**

This is an excerpt from the page of this date in
'Praying Each Day of the Year',
a 3-volume book
by Nicholas Hutchinson, FSC.

For details:

<http://www.matthew-james.co.uk/>

Could make use of a search engine
to research this topic further.

This material is part of
the prayer and education website
of the De La Salle Brothers
in Great Britain:
www.prayingeachday.org