

faith

Claudette Langdon

Our Faith and Thanksgiving

Give thanks to the Lord, for He is good. Psalm 107:1

In his inauguration homily, Pope Leo XIII reflected on the Lord's promises and the joy of shepherding the Church: "This sentiment echoes the spirit of Thanksgiving—recognizing grace, expressing gratitude, and continuing in service and humility."

Thanksgiving is an expression of gratitude for God's abundant gifts. We give thanks to the Lord for all our blessings and life; He is most deserving of our thanks.

Living out faith and thanksgiving daily does not require dramatic gestures—it is using ordinary moments throughout your day to reflect on gratitude and thanks.

Most of us begin our day in prayer; thanking our God for all our blessings. This act of faith acknowledges our blessings with gratitude, strengthens our faith in God's love and grace. During the day we may break out in spontaneous prayer for God's gratitude. Before bed we reflect on our day's ending in thanksgiving and renewal of our faith for the next day.





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The Eucharist, what we often call Mass, means thanksgiving. It is a spiritual celebration and a continuous sacrifice of thanksgiving for God's countless gifts, including creation and salvation through Christ.

The Introductory Rites prepare us spiritually for the celebration. The Gloria, when sung on Sundays and solemnities, is a radiant hymn of praise as an expression of glory and thanksgiving to God.

The opening prayer brings us together and includes elements of thanksgiving for God's love and blessings. The Liturgy of the Word is where we encounter God through His Word and respond with faith and gratitude.

The Liturgy of the Eucharist itself is the heart of the Mass, where we join with Christ in thanking the Father for his wonderful works of creation and grace. It is one great prayer of thanksgiving from the opening preface, The "Holy, Holy, Holy" (Sanctus), acclamation to the great Amen and the Eucharistic Prayer.

The Greek word "Eucharist" refers to the sacrament of the Mass and comes from the Greek word eucharisteo, meaning "to give thanks". At the Last Supper, Jesus took the bread and chalice and "giving thanks" before giving them to his disciples, establishing the Eucharist as an act of thanksgiving.

The Presider, in the name of the community, gives thanks for God's gifts, especially Jesus Christ, and consecrates the bread and wine into the Body and Blood of Christ where we receive Holy Communion.

This is our greatest gift, a central act of thanksgiving for God's gift of Jesus.

The prayer after Communion is a final prayer of thanksgiving for God's blessings and the graces received through Holy Communion.

Our faith and thanksgiving are spiritual companions. Faith awaits God's future grace. Thanksgiving celebrates His past grace.

Let us stay grounded in praying for God's grace and joy. We are forever thankful for His never-ending love.

May your heart overflow with gratitude for the countless gifts God has bestowed upon you and family. I wish you all a blessed and joyful Thanksgiving!

