

The following is an assortment of prayers for Thanksgiving Day with family over a meal, or individually meditate silently as a thankful person.

A Prayer of Thanksgiving

God, Source and Giver of all things, We give You thanks on this Thanksgiving Day for the beauty of the whole of creation.

We give You thanks for the blessings of family and friends: Both those gathered around this table and those who are present only in our hearts.

We give You thanks for this food, Prepared by loving hands, and for the graces You provide to nourish our bodies, minds and hearts so that we might better serve You.

Help us to be faithful stewards of all that has been given us. May we reflect that which we have received to all we meet, especially, the less fortunate in our midst. Amen

A Thanksgiving Prayer

Oh God, when I have food,
Help me to remember the hungry;
When I have work,
Help me to remember the jobless;
When I have a warm home,
Help me to remember the homeless;
When I am without pain,
Help me to remember those who suffer;
and remembering, help me to destroy
my complacency and bestir my compassion.
Make me concerned enough to help,
by work and deed those who cry out
for what we take for granted. Amen

A Prayer of Thanksgiving

Great Creator God, Giver of all good things,
We rejoice in Your abundant blessings.
For family and friends, for food and drink,

For hearth and home, and for all Your gifts,
we praise and thank You.

We ask Your blessing on those among us who are hungry and thirsty, who are homeless and alone, who need Your guiding hand and depend on Your tender mercies. May we share our many blessings with them for they are our brothers and sisters, Your beloved children.

Gracious God, Giver of all that is good,
We gratefully rise our hearts and voices to You on this day of Thanksgiving and always. Amen

Prayer of Thanksgiving

O God of all creation, giver of all good gifts, You bless our lives with your generous love, By giving us once more the fruit of the fields, Our family and friends, our faith, our work, And our lives together. We thank you for these gifts, and ask that you help us to imitate your goodness, and to share our blessings with those who are in need. Amen

Prayer of Thanks

God of Love, I thank You for the people in my life who are easy to love. I thank You for my family and friends who understand my actions, who support me in my decisions, and whose presence can lift the burden of a thorny day. Help me with those who are difficult to love. When they come at me with criticism and wild expectations, when they ignore me or try to bend me to their will, let me recognize but not condemn their flaws and their dangers. Let me remember Your attitude toward them, and lead me to see them in the light of Your love. Amen

Pope John Paul II Society of Evangelists

P.O. Box 5584, Bakersfield, California 93388
e-mail: info@pjpiisoe.org Phone: 661 393-3239
<https://www.pjpiisoe.com>



Holy Mass: The Perfect Thanksgiving

How can I repay the Lord for all the good He has done for me? I will take up the cup of salvation and call upon the name of the Lord. (Ps 116:12-13)

There are several good reasons why faithful Catholics attend Mass every Sunday.

First, because it's the pivotal way of fulfilling the Third Commandment, "Remember to keep holy the Lord's Day." There are many ways in which we fulfill that Commandment – by avoiding unnecessary work and shopping; by doing acts of charity; by spending time with our family and friends; by resting and relaxing; but most of all, by joining the faith community at Sunday Mass for worship of the Living God. Keep in mind, that despite our tendency these days to avoid commitments and dismiss obligations, there's still a serious obligation for Catholics to attend Holy Mass on Sundays – barring illness or other serious obstacles, of course.

Another reason to attend Holy Mass on Sunday is to hear the Word of God. At every Sunday Mass, the Scriptures are

proclaimed and a homily is preached. Some sermons are inspiring – powerful and challenging applications of the Word of God; others not so much. But in every case, an open heart and discerning mind will find something of value in the Word of God.

The supreme reason to attend Mass on Sunday is to receive the Holy Eucharist, the Body and Blood of Christ. Jesus said, “Unless you eat the flesh of the Son of Man and drink His blood you do not have life within you.” (Jn 6:53). The Eucharist is a sheer gift, a source and sign of God’s love! And as St. John Paul wrote so beautifully, “What more could Jesus have done for us? Truly, in the Eucharist, He shows us a love which goes to the end, a love which has no measure.” (The Church of the Eucharist, #11)

It amazes me, and saddens me, how many Catholics neglect this gift of divine life and love by not attending Holy Mass on Sundays.

Another reason to attend Holy Mass every Sunday is to be part of the Church, part of this family of faith that Jesus established. Entrance into this family begins of course with Baptism but the bonds of faith and love are renewed every time we meet our brothers and sisters in common worship at the Lord’s Table. It’s this community of faith that walks with us in good times and bad, in moments of joy and sorrow, sickness and health, life and death.

In this season, though, it seems particularly appropriate to recall that one of the main reasons to attend Holy Mass every Sunday is to give thanks and praise to God. “The

Eucharist is a sacrifice of thanksgiving to the Father, a blessing by which the Church expresses her gratitude to God for all His benefits, for all that He has accomplished through creation, redemption, and sanctification. Eucharist means, first of all, thanksgiving.” (Catechism of the Catholic Church, #1360)

So often we take our gifts for granted, don’t we? We go about our daily lives as ungrateful louts, presuming that everything will be okay, presuming that we have a right to everything we have. We don’t think very often about the gifts we’ve received until they’re threatened in some way, or until we lose them completely. Our national holiday of Thanksgiving at least gives us the opportunity to pause, reflect upon our blessings and give thanks.

Stop, right now and think about your gifts: your faith, your freedom, your family and friends; your health and home, your security and safety; your material blessings and the opportunities you’ve enjoyed – for education, travel, entertainment and recreation. Everything is a gift of God; you should presume nothing and treasure it all!

One of the ways that we show our awareness is by taking care of our gifts and not wasting them, not squandering them. If something is precious to you, take care of it! And a truly grateful person is also a generous person. Gratitude moves us to share our gifts – our time, our talent, and our material resources, with those who have less.

When we become aware of all the blessings we’ve received, a spirit of joy

washes over us. A grateful person can’t also be a chronic crank! Pope Francis put it this way: “Joy springs from a grateful heart. Truly, we have received much, so many graces, so many blessings, and we rejoice in this. Perhaps we need to ask ourselves – are we good at counting our blessings?”

God has been so good to us, but our limited vision and impoverished imaginations sometimes make it hard for us to recognize that and to give thanks. How can we begin? Well, in the psalm quoted above we find the answer: We “take up the cup of salvation and call upon the name of the Lord.”

In other words, we pray, we worship and we lift up the cup of salvation in the Eucharist. At every Mass the priest says, “Let us give thanks to the Lord our God.” And we respond, “It is right and just.” And, indeed it is.

So, want to have a really nice Thanksgiving this year? Start the day with Holy Mass at your local parish or other Catholic church in the vicinity. And attend Mass every Sunday. It will help you to be a good and grateful person throughout the year.

The author, Thomas Joseph Tobin is an American prelate of the Roman Catholic Church. He serves as the eighth and current Bishop of Providence, RI.

Article taken from their catholic.com/stories/The-Holy-Mass-The-Perfect-Thanksgiving, 7752

Posted: November 12, 2015