

Dear Mission Partners:

Did you know that the word, “Eucharist” comes from the Greek word, “*eucharistia*” meaning “thanksgiving?”



Last year, Thomas Rausch, SJ, wrote in *America Magazine*: “The Church draws life from the body and blood of Jesus, present in the sacrament of the Eucharist. The Eucharist has long been the center of Catholic life, uniting his disciples as his Body for the world (1 Cor 10:17).”¹

Meister Eckhart, the 14th century Dominican and professor of Theology in Paris, wrote: “If the only prayer you ever say in your life is ‘thank you’, that would suffice.” Surely, it is usually beneficial to begin our conversations with a word of thanks.

This is also true when we pray. God has given us so much to be grateful for – even for our breath! It is true that God is present in the Scriptures, in the Eucharist, and dwells within us and others, and in all the gifts of creation.

As a community of believers gathered for Eucharist, all three forms of God’s presence are with those gathered. The best reason to attend Mass regularly is to give thanks to God for all that we are and have.

As we enter the season of “giving thanks” we might start to create a **Gratitude List** of all that we are grateful for at this time in our lives! If you keep at constructing this list for more than a few minutes, that list could turn out to be a few pages long! And it could become your own personal litany of thanks!

Here are a few ways to give thanksgiving to God:

- Plan on coming to Mass here at Immaculata when you can schedule it, even weekly or twice a week gives you an opportunity to give thanks – and be Eucharist to others!
- Spend a few moments in Adoration of the Blessed Sacrament as you walk past one of our chapels on campus this week or stop by your local parish church.
- Have an attitude of gratitude toward all those you will encounter over this holiday weekend.

Happy Thanksgiving, Everyone! Enjoy that turkey feast with your family and friends!



¹ <https://www.americamagazine.org/faith/2021/11/12/eucharist-real-presence-241625>