May the words of my mouth and the meditation of my heart be pleasing to you, O LORD, my rock and my redeemer. Amen.

Let us give thanks to the Lord our God

It is right to give him thanks and praise.

Those are familiar words. We say them during the Eucharist (from the Greek word meaning thanksgiving). What if, however, we thought of the Eucharist as larger and more expansive than what we do on Sunday mornings? What if every offering of our thanks was a moment of Eucharist? What if we fed on the bread of gratitude in every moment, with every person, and in every place?

I am not just talking about the act of counting or naming our blessings, though there is nothing wrong with that. I am really talking about thanksgiving as a way of being, seeing, and relating. What if we understood thanksgiving to be more about what is happening within us than what is happening around us? Maybe we would look at each moment, each place, each person and hear those other familiar words, “The Gifts of God for the People of God.”

(Story about Zigmas’s family)

When we are full of thanksgiving, we express our inner joy.

We’re thankful for the ability to see, hear, taste and touch and to receive a new skin.

We are thankful to our first teachers – our parents, our grandparents, Godparents. Our schoolteachers, our counsellors and any people who have had an impact on our lives.

We’re thankful for our friends, who support and encourage us.

We’re thankful for our various talents and abilities with which we’re gifted.

We’re thankful for our past, which helped us to grow in knowledge.

We’re thankful for this day and our vitality.

We’re thankful for Life with what we’re gifted, and that we are blessed by the Almighty.

We’re thankful for all the lessons we got from our Lord. When we learn those lessons, our life will always be guided in the right direction.

We are thankful to Good Samaritans who have helped us when we have needed it – especially in times of need and in moments of despair.

We are most thankful for the gift of being able to celebrate the Eucharist - the gift of His body and the most precious gift of His blood. Today while we are gathered here in front of His thanksgiving altar we’re thankful for each other, because God sent us each other, people with whom we create and enrich our own lives and lives of others, as one big family of God’s people.

Happy Thanksgiving to you and your families!