



ALL THINGS NEW

STEADFAST IN FAITH • FORWARD IN HOPE



Created Anew

by the Body and Blood of Christ,
Source of Our Healing and Hope

EUCHARISTIC REFLECTION

THANKSGIVING

The Church has understood well the fundamental importance of this attitude of Thanksgiving in naming the sacrament that Jesus instituted “Eucharist.” Eucharistia is a Greek word that means Thanksgiving. Jesus saw the Eucharist as a gift of the Father. The Eucharist teaches us to thank God continuously and to put God first. Paul, the apostle enjoined Christians “to give thanks in all circumstances” (1 Thes. 5:18). He told them to “give thanks at all times and for everything to God the Father in the name of Our Lord, Jesus Christ” (Eph 5:20). He himself gave us an example of this attitude, because he regularly began each of his letters with an expression of thanksgiving to God, most often using the Greek word for Eucharist, “I give thanks” (Rom. 1:8, 1 Cor 1:4; Phil 1:3, 1 Thes 1:3).

Time spent before the Blessed Sacrament is an opportunity simply to bask in the light of the truth that Christ, whose servants and images we are, wants to fill us with his love. In quiet time preparing for the celebration of Mass, we open ourselves to be renewed in the Spirit of God who configures us to Christ as head of his Church. “In the Eucharist, the Son of God comes to meet us and desires to become one with us; Eucharistic adoration is simply the natural consequence of the Eucharistic celebration, which is itself the Church’s supreme act of adoration.” *Sacramentum Caritatis* 66

“How many saints have advanced along the way of perfection thanks to their Eucharistic devotion! . . . Holiness has always found its center in the sacrament of the Eucharist.” *Sacramentum Caritatis* 94

The call to holiness is a call to all of us.