

# Thanksgiving

## “Eucharist” literally means Thanksgiving

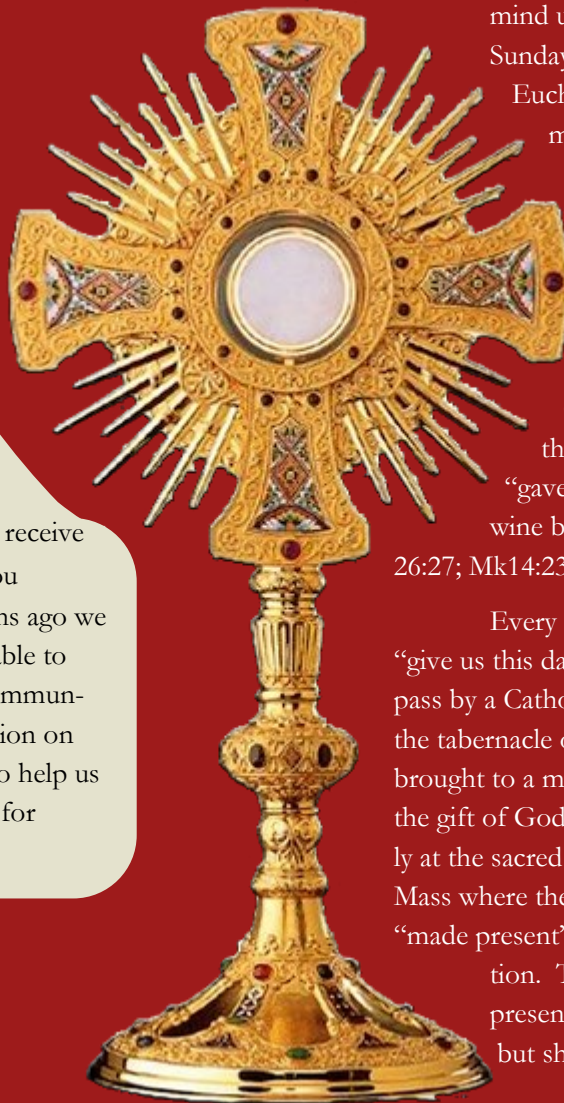
### Reflection



We are so grateful that we can receive our Lord in the Eucharist. Do you remember when just a few months ago we were living in quarantine and unable to attend Mass and receive Holy Communion? Read **Melissa Hanks'** reflection on her experience during that time to help us all remember never to take Jesus for granted.



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Consider this week how this Thanksgiving holiday can be a good opportunity to remind us of something that happens every Sunday around a sacred family meal – The Eucharist. The word Eucharist itself means “Thanksgiving”. You may recall that in the Gospel of John 6:11, before Jesus multiplied the loaves and fishes (an act that prefigured the Eucharistic feast), He “gave thanks”. Also, each of the Gospels give us the event of Christ instituting the Eucharist at the Last Supper where Christ again “gave thanks” right before the bread and wine became His body and blood (see Mt. 26:27; Mk14:23 & Lk 22:17,19).

Every time we pray the Our Father – “give us this day our daily bread”, or when we pass by a Catholic Church, come to visit Jesus in the tabernacle or the adoration chapel, we are brought to a moment to actually give thanks for the gift of God in Christ Jesus. It is most especially at the sacred action of the Holy Sacrifice of the Mass where the ultimate gift of God’s love is “made present” at the moment of consecration. The Eucharistic Jesus is made present and dwells not only upon the altar but shortly afterwards within each of us.

# Pints with Aquinas

To listen to this podcast, scan this QR code with the camera on your phone

On this podcast, join Catholic evangelist **Matt Fradd** and **Bishop Robert Barron** for their discussion of what St. Thomas Aquinas had to say about the Holy Eucharist.

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