



build. plant. grow.
the word this week



ordinary
time



Gratitude & Thanksgiving



lectionary
reading

Cycle C

The Solemnity of the Most Holy Body and Blood of Christ (Corpus Christi)

Lectionary #169

Reading I: Genesis 14: 18-20

This passage from the Book of Genesis sets the foundation for the Eucharistic celebration as it presents us with the simple offering of the bread and wine as **thanksgiving**. This ritual celebrates the power of God in delivering the Abram from his foes. The Church has seen the celebration of the Eucharist as a way of expressing **gratitude** for God's presence with us and as a concrete sign of God's intention to deliver us from any of our foes, especially the foes of sin and death.

Reading 2: 1 Corinthians 11: 23-26

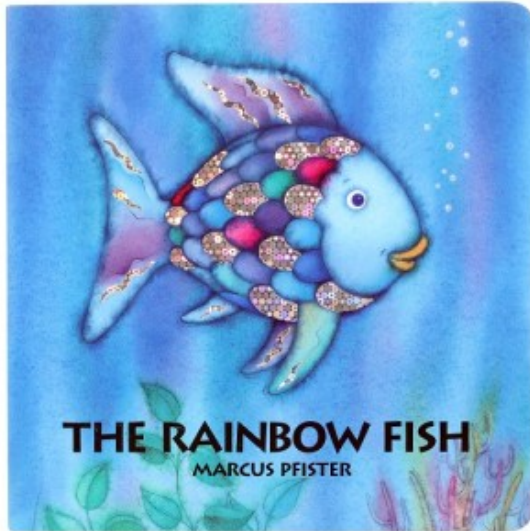
In this passage from Saint Paul's first letter to the Corinthians, we encounter Paul the evangelist. His purpose is to proclaim that the Lord is living and connected to his followers. This meal and the words Jesus spoke at the Last Supper have become a ritual of **gratitude** and **thanksgiving**. This celebration, which is called Eucharist, means **thanksgiving**, and it reminds us that we are not orphaned but are cherished by God. This meal is way of giving **thanks** to God, who has given everything for us.

Gospel: Luke 9: 11b-17

This is one of the narratives that is included in all four gospels and it heralds the abundance of God's blessings. This feeding goes beyond filling a physical hunger by nourishing the deepest desires of the hearts of those who were present. Just as Jesus asked the disciples to supply to the needs of the hungry, we too are commissioned to go forth from the Eucharistic Table to attend to the needs of others. In doing this, we are to be **thankful** and **grateful** for the opportunity to be elements of God's grace extending from the Lord's Table.



children's
story



The Rainbow Fish

Written by Marcus Pfister

Illustrated by Marcus Pfister

Publication: 2007; Gardners Books

ISBN-13: 978-3314015441



character
education
activity

The word Eucharist comes from the Greek language and literally means thanksgiving

The Rainbow Fish

In this book, we encounter the Rainbow Fish, who eventually comes to have great wisdom of living a life of **gratitude** and **thanksgiving**. Shining from Rainbow Fish's multicolored body are several shimmering silver scales. All the other fish in the ocean admire him and want to play, but Rainbow Fish is too proud to play with them, and he refuses to share his sparkling scales. Alone and friendless, Rainbow Fish seeks out the wise Octopus, and learns that in order to live a happy life, one needs to be **thankful**, and that this **thankfulness** can be expressed through sharing and caring for others. Eventually, Rainbow Fish learns that generosity is much more rewarding than vanity.

Forming a School (Shoal) of Gratitude

Materials needed:

- Bulletin board
- Coffee filters
- Paper plates
- Colorful markers
- Googly eyes
- Tinfoil
- Spray bottle filled with water

Step One: Instruct the students to flatten out their coffee filter on a paper plate.

Step Two: Using a variety of bright colored markers, have the students color the entire flattened coffee filter.

Step Three: Spray the coffee filter with water.

Step Four: Set aside to dry or use a blow dryer.

Step Five: Have the students cut a fish shape out of the coffee filter once it is dry.

Step Six: Have the students glue tin foil that has been cut into small strips and triangles onto their fish.

Step Seven: Add googly eyes and draw a mouth.

Step Eight: Invite the students to come forward and place their fish on the bulletin board to form the School (Shoal) of **Gratitude/Thanksgiving**

The higher we are
placed, the more
humbly we should
walk.
-Marcus Tullius Cicero



case study

Look.
Feel.
Know.
Act.

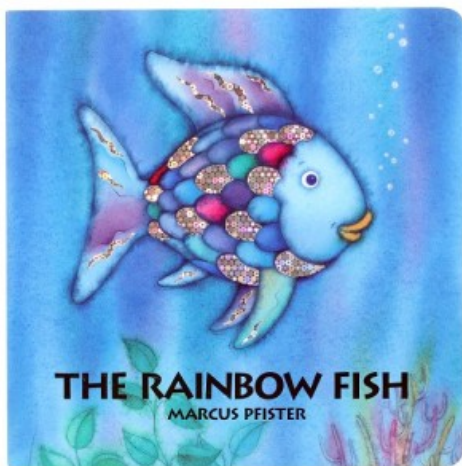
What could you do today?

Living out **gratitude** and with an ongoing sense of **thankfulness** is one of the basic foundations of Christian life. Every day, take a moment to recognize and give thanks to God for all of the things that have been given to you. One way you can do this is through the Examen, where you list the things, events, and people that you are **grateful** for in your life.

Look Feel Know Act

An authentic sense of **gratitude** and **thanksgiving** develop over time as we come to realize that all things are gifts from God. You might notice that the happiest people around you are people who are **gracious** and **thankful**, as their **gratitude** becomes the foundation for their life.

You can also commit to being a person of **gratitude** and living in **thankfulness**. One way to do this is by thanking God for everything you have in your life, including things that might not be what you had hoped for. By doing this, we remain open to the wonderful things that God has in store for us and remember that God often knows what we need and want more than we do.



We are surrounded by many wonderful things in life, and the readings from this Sunday remind us to express **thanks** and **gratitude** for these blessings. We are called to see and be attentive to the things we have been given, and to encourage those around us to live in **gratitude** as well. A great person named Erasmus stated that saying **thanks** is prayer enough. When we participate in the Eucharist, it is a collective way of **thanking** God.

The Serenity Prayer

God, grant me the serenity to accept the things I cannot change;

Courage to change the things I can;

And wisdom to know the difference.

(Grant me, O Lord, the gift of living in thankfulness.)

Living one day at a time; enjoying one moment at a time; accepting the hardships as the pathway to peace;

Taking, as He did, this sinful world as it is, not as I would have it;

Trusting that he will make all things right if I surrender to His Will;

*So that I may be reasonably happy in this life
And supremely happy with Him forever in the next.*

Amen.



closing
tool



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