



With the feast of Thanksgiving coming up once again, it's good to think about not only what we're most grateful for—people who love & inspire us, things we own, memories we cherish, good health, good job, etc.—but to reflect on where all of that goodness in our lives comes from. Without God, we'd be nothing and have nothing. That's why celebrating the Eucharist at church every week is so central to our spiritual well-being, for it is the way that Jesus invites us to give thanks to God: share a meal and celebrate our oneness in God's love. As you may know, the word "Eucharist" comes from the Greek word "eucharistia," which means "thanksgiving."

As we're called to give thanks not only at Mass on weekends, but every day of our lives (since each day is a gift itself, and all the good that comes with it), consider these 10 thoughts on thankfulness from various saints throughout the Church's history:

+++ "No duty is more urgent than that of returning thanks." (St. Ambrose) +++ "Thank God for all the benefits He has bestowed upon you, that you may be worthy to receive greater." (St. Louis) +++ "In all created things, discern the providence and wisdom of God, and in all things, give Him thanks." (St. Teresa of Avila) +++ "The secret of happiness is to live moment by moment and to thank God for what He is sending us

every day in His goodness." (St. Gianna Beretta Molla) +++ "Would that I could exhaust myself in acts of thanksgiving...towards this Divine Heart, for the great favor He shows us, in deigning to accept our help to make Him known, loved, honored; He reserves infinite blessings to all those who devout themselves to this work." (St. Margaret Mary Alacoque) +++ "Lord, teach me to be generous. Teach me to serve You as You deserve." (St. Ignatius of Loyola) +++ "O God, grant that whatever good things I have, I may share generously with those who have not, and whatever good things I do not have, I may request humbly from those who do." (St. Thomas Aquinas) +++ "Prayer is an aspiration of the heart. It is a simple glance directed toward heaven. It is a cry of gratitude and love in the midst of trial as well as joy." (St. Therese of Lisieux) +++ "Remember the past with gratitude. Live the present with enthusiasm. Look forward to the future with confidence." (St. John Paul II) +++ "It was for humanity that God created heaven and earth and such an abundance of things. God made all these things out of love for humanity, so that all creation might serve humanity, and humanity in return might love God out of gratitude for so many gifts." (St. Alphonsus Liguori)