



*You shall love the LORD your GOD with all your heart, with all your soul, with all your mind, and with all your strength.*

Mk 12:30

# BLESS MY FAMILY BLESS MY CHURCH

St. Michael Center for the Blessed Virgin Mary



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St. Michael the Archangel defend us in the day of battle!



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THANKSGIVING DAY



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## A Catholic Explanation of Thanksgiving



Thanksgiving, while not a liturgical feast in the Catholic Church, naturally aligns with core Catholic beliefs: gratitude, providence, charity, and recognizing God as the source of every blessing.

**1. Thanksgiving Begins With God** Catholics understand all good gifts—life, family, faith, work, and creation—as coming from God.

Scripture constantly calls believers to give thanks: • “Give thanks to the Lord, for He is good; His love endures forever.” (Psalm 118:1) • “In all circumstances give thanks.” (1 Thessalonians 5:18)

A Catholic celebration of Thanksgiving is rooted in acknowledging God’s ongoing generosity.

**2. The Eucharist Is the Highest Thanksgiving** The word Eucharist literally means “thanksgiving.”

Every Mass is the Church’s greatest act of gratitude—Christ offering Himself to the Father, and the faithful uniting our thanks to His perfect sacrifice. Many Catholics choose to attend Thanksgiving Day Mass, giving God thanks before the feast.

**3. The Virtue of Gratitude** Catholic tradition teaches that gratitude is a virtue that keeps our hearts:

• Humble • Joyful • Aware of God’s presence

St. Ignatius of Loyola said the “greatest sin is ingratitude” because it forgets the goodness of God.

**4. Thanksgiving Calls Us to Charity** A Catholic Thanksgiving isn’t only about receiving blessings but also sharing them. This includes:

• Feeding the hungry • Visiting the lonely • Supporting parish ministries • Giving thanks by giving to others

We imitate the saints—especially St. Elizabeth of Hungary and St. Vincent de Paul—who saw gratitude and charity as inseparable.

**5. Family, Community, and Faith** Thanksgiving offers a natural moment for families to pray and reflect together.

A typical Catholic Thanksgiving prayer may include:

• Remembering loved ones • Thanking God for His providence • Asking blessings on the meal • Praying for peace, healing, and those in need

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**A Thanksgiving Prayer**

**You Tube** <https://youtu.be/ycT3wt6oYa8>

**Thank You God HD**

**You Tube** <https://youtu.be/bDNIGQA29BU>

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**Thanksgiving Bible Story: Being Thankful to God - Matthew 11**

**You Tube** <https://youtu.be/JdgTNYCFdf0>

## Thanksgiving Day

Thanksgiving Prayer can be recited on Thanksgiving day, an American holiday that occurs on Thursday of the last week of November. It is a time when family and friends come together to give thanks for their blessings during the course of that year. Though there is a common holiday named Thanksgiving Day, that is not the only time we say a Thanksgiving prayer.

**Thanksgiving Prayer** Good and gracious God, we give You thanks today, as we do all days, first and foremost for the gift of creation and the gift of life. We ask You to bless this food, that it may nourish us and sustain us, and strengthen our ability to do Your will. We pray in thanksgiving for all the hands involved in bringing it to our table. You tell us, Lord, that to whom much is given, much is expected. May this meal and the fellowship we enjoy not only serve as clear reminders of Your love of us, but of Your call for us to share Your love and to serve our brothers and sisters, especially those most in need. We ask this as we ask all things, through Christ, our Lord. Amen.

## Thanksgiving Prayers Remembering Those Who've Died

Heavenly Father, we come to You today with grateful hearts, recognizing the many gifts You’ve given us that have allowed for this special meal to come together. Still, we acknowledge our sadness that our gathering today feels incomplete. We lift up to You our dearly departed, [Say names of lost loved ones] and ask You to bless them as you bless us. We’re comforted by the promise of Your Kingdom and look forward to one day sharing together in a heavenly feast with all those who are not with us today. In Your name, we pray. Amen.

**Thanksgiving Prayer** Father in Heaven, Creator of all and source of all goodness and love, please look kindly upon us and receive our heartfelt gratitude in this time of giving thanks. Thank you for all the graces and blessings. You have betowed upon us, spiritual and temporal: our faith and religious heritage. Our food and shelter, our health, the loves we have for one another, our family and friends. Dear Father, in Your infinite generosity, please grant us continued graces and blessing throughout the coming year. This we ask in the Name of Jesus, Your Son and our Brother. Amen.

## Help Me – Thanksgiving Day Prayer

O God, when I have food, help me to remember the hungry; When I have work, help me to remember the jobless; When I have a home, help me to remember those who have no home at all; When I am without pain, help me to remember those who suffer, And remembering, help me to destroy my complacency; bestir my compassion, and be concerned enough to help; By word and deed, those who cry out for what we take for granted. Amen.

**The Catholic Origins of Thanksgiving; Full Historical Explanation of the Catholic Connection**

**You Tube** [https://youtu.be/hO0LQR\\_gahs](https://youtu.be/hO0LQR_gahs)

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## To acknowledge God's gifts – Countless Blessings

Lord, on this special day of thankfulness, we thank you not only for the delicious food, lovingly prepared and presented, but also for special gifts you've given to this family — loved ones we cherish dearly, a comfortable place to live, the beauty that surrounds us, material pleasures, health, spiritual wealth, and so much more.

How can we show our gratitude for the countless blessings you've provided? We thank you for giving us clear direction, through your holy word on how to show our appreciation, by obeying Your commands and by loving and serving our neighbors. Thank you, Lord.

## Thanksgiving Day Prayer

O Glorious Father, we give you thanks for your infinite generosity and providence to us. Dear Lord, thank You for the blessings of the food we are about to eat and especially for this Thanksgiving feast today. Dear Lord, on this Thanksgiving Day, we bow our hearts to You in prayer. We give You thanks for all You have done, mostly for the gift of Jesus Christ, Your Son. Open our hearts to Your love. Thank You for our home and family and friends, especially for the presence of those present here. Thank you for our health, our work, and our play. Heavenly Father, please send help to those who are hungry, alone, sick, and suffering war and violence in war-torn countries. So today we offer this response of praise with a promise to follow You for the rest of our days. We ask for Your blessings through Jesus Christ your son. Amen.

## Prayer of Thanksgiving to God

"Lord of all the blessings you have bestowed, source of all life, giver of all grace: We thank you for the gift of life: for the breath that keeps us alive, the food of this earth that sustains life, for the love of family and friends without which there would be no life. Father, we thank you for the mystery of creation: for the beauty that the eye can see, the melody that the ear may hear, also for the unknown that we cannot behold filling the universe with wonder, for the reaches of space that draws us beyond the definitions of ourselves. We thank you for setting us in communities: for families who foster our becoming, the friends who love us by choice, for companions at work, who share our burdens and daily responsibilities, also for the strangers who welcome us into their hearts, for people from other lands who call us to expand in understanding, the children who brighten our moments with delight, and for the unborn, who offer us hope for the future. Lord, we thank you for this day: for life and an extra day to love, the opportunities and one more day to work for justice and peace, for the neighbors and one more person to love and by whom be loved, also for your grace and one more opportunity to experience your presence, for your promise: to be with us, to be our God, and to give salvation. For these and all blessings, we give you thanks, eternal, loving God, through Jesus Christ, we pray. Amen."



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**A Prayer of Thanksgiving** Loving Creator, We asked for strength, and you gave us difficulties to make us strong. We asked for wisdom, and you gave us problems to solve. We asked for prosperity, and you gave us purpose and brains to use. We asked for courage, and you gave us fears to overcome. We asked for patience, and you gave us situations where we were forced to wait. We asked for love, and you gave us troubled people to help. We asked for justice, and you called us to be just and to lead with integrity. Lord, we have received nothing that we asked for or wanted. And yet, we received everything that we needed. For this, we give thanks.

**A Simple Prayer of Gratitude** Thank you, Lord, for the blessings you have bestowed on my life. You have provided me with more than I could ever have imagined. You have surrounded me with people who always look out for me. You have given me family and friends who bless me every day with kind words and actions. They lift me up in ways that keep my eyes focused on you and make my spirit soar. Also, thank you, Lord, for keeping me safe. You protect me from those things that seem to haunt others. You help me make better choices and provide me with advisors to help me with life's difficult decisions. You speak to me in so many ways so that I always know you are here. And Lord, I am so grateful for keeping those around me safe and loved. I hope that you provide me with the ability and sense to show them every day how much they matter. I hope that you give me the ability to give to them the same kindness they have provided to me. I am extremely grateful for all of your blessings in my life, Lord. I pray that you remind me of just how blessed I am and that you never allow me to forget to show my gratitude in prayer and returned acts of kindness. Thank you, Lord. Thanksgiving Day Prayer Lord, we thank you for the goodness of our people and for the spirit of justice that fills this nation. We thank you for the beauty and fullness of the land and the challenge of the cities. We thank you for our work and our rest, for one another, and for our homes. We thank you, Lord: accept our thanksgiving on this day. We pray and give thanks through Jesus Christ our Lord. Amen.

**A Thanksgiving Prayer** God of all blessings, source of all life, giver of all grace: We thank you for the gift of life: for the breath that sustains life, for the food of this earth that nurtures life, for the life-giving love of family and friends. We thank you for the mystery of creation: for the beauty of the Earth that the eye can see, for the unfolding universe that draws us beyond our imaginings. We thank you for the communities to which we belong: for families, for friends, for neighbors and for companions at work. We thank you for the strangers who welcome us into their lives and whom we invite to be part of ours. We thank you for our brothers and sisters of all ages, all races, all nations and all faiths. We thank you for the multitude of ways that you call us to steward the gifts of creation and to serve others in your name. We thank you for this day, for the companionship we share and the bountiful goodness of the bread we break together. God of all goodness, we pray in thanks for your presence among us as we gather together, and your promise to be with us now and always. AMEN.



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