

## LET US LIFT UP OUR HEART TO THE LORD IN THANKSGIVING

Rejoice always, never cease praying, and render constant thanks;  
such is God's will for you in Christ Jesus.

1 Thessalonians 5: 18

### THANK YOU in Many Languages

Croatian (Bosnia, Yugoslavia) Hvala  
Czech (Czech Republic) Děkuji  
Danish (Denmark, Greenland) Tak  
Dega (Vietnam) Lac jak  
Dutch (Netherlands, Belgium) [polite]  
Dank u  
Farsi (Iran, Afghanistan, Tajikistan)  
Tashakkur  
French (France, Belgium, Africa,  
Canada) Merci  
German (Central Europe) Danke  
Greek (Greece, Cyprus) Sas epharisto  
Hawaiian (Hawaii) Mahalo  
Hebrew (Israel) Toda  
Hungarian [Magyar] (Hungary)  
Köszönöm  
Irish Gaelic (Ireland) Go raibh maith  
agaibh  
Italian (Central Europe, E Africa)  
Grazie

Japanese (Japan) Arigato  
Kiswahili (Southeast Africa) Asante  
Korean (Korea) Komapsumnida  
Kurdi [Kurmanji] (Iraq, Iran) Shukur  
Latin Gratias  
Lithuanian (Lithuania) Achiu  
Mandarin [Chinese] (China) Xie xie  
Oromo (Kenya, Somalia) Ulfaad'd'a  
Polish (Poland) Dziekuje  
Portuguese (Portugal, Brazil) [by  
male] Obrigado  
Russian (Russia) Spasibo  
Shanghai (Shanghai China) Sha sha  
Slovak (Slovakia) Dakujem  
Spanish (Spain, America) Gracias  
Swedish (Sweden, Finland) Jag tackar  
Tagalog (Philippines) Salamat  
Tamil (India, Southeast Asia) Nandri  
Ukrainian (Ukraine) Dyakooyu



**Let us pause with hearts full of gratitude and remember that our  
loving God is always with us.**

**The God Who created us, the God Who redeemed us and the God Who  
continually calls us to a closer relationship with Himself is more  
intimate to us than we are to ourselves.**

**Holy is God, holy and mighty, holy and immortal!**

### PSALM 105

**Give thanks to the Lord,  
invoke His name;  
make known among the peoples His deeds!  
Sing praise, play music;  
proclaim all His wondrous deeds!  
Glory in His holy name;  
rejoice, O hearts that seek the Lord!  
Rely on the mighty Lord; constantly seek His face.  
Recall the wondrous deeds He has done.**



**Everything you do or say, then, should be done in the name of the Lord Jesus, as you give thanks to Him through God the Father.**

**Colossians 3:1**



**LITANY OF THANKSGIVING**

**For the gift of creation...**

**For the gift of the Blessed Trinity...**

**For the gift of Jesus in Word, Sacrament and in one another...**

**For the passion, death, resurrection, ascension and return in glory of Jesus...**

**For Mary, Joseph, all the angels and saints and our guardian angel...**

**For the gift of life...**

**For the gift of those who sustain life...**

**For our parents, family, relatives and friends...**

**For blood and organ donors...**

**For our Catholic faith....**

**For those who have nurtured us in the faith...**

**For our vocation in life...**

**For those who have touched us and those whom we have touched...**

**For the gift of healing...**

**For the gift of faith, hope and charity...**

**For those in the military, police, fire, paramedics...**

**For government leaders, medical personnel, religious leaders, educators, those who grow and produce food and all who build up the kingdom of God here on earth...**

**For artists and poets, actors and dancers...**

**For all those who labor on our behalf...**

**For the opportunities we have to learn, to travel, to experience new things...**

**For all our blessings and giftedness...**

## HYMN

For The Beauty Of The Earth  
For the beauty of the earth  
For the glory of the skies,  
For the love which from our birth  
Over and around us lies.

### Refrain

Lord of all, to Thee we raise,  
This our hymn of grateful praise.

For the beauty of each hour,  
Of the day and of the night,  
Hill and vale, and tree and flower,  
Sun and moon, and stars of light.

### Refrain

Lord of all, to Thee we raise,  
This our hymn of grateful praise.

For the joy of ear and eye,  
For the heart and mind's delight,  
For the mystic harmony  
Linking sense to sound and sight.

### Refrain

Lord of all, to Thee we raise,  
This our hymn of grateful praise.

For the joy of human love,  
Brother, sister, parent, child,  
Friends on earth and friends above,  
For all gentle thoughts and mild.

### Refrain

Lord of all, to Thee we raise,  
This our hymn of grateful praise.

For each perfect gift of Thine,  
To our race so freely given,  
Graces human and divine,  
Flowers of earth and buds of Heaven.

### Refrain

Lord of all, to Thee we raise,  
This our hymn of grateful praise.

## **REFLECTION:**

**The point of Thanksgiving is to remember the things we have to be grateful for. It's our special time to give thanks... not just for the obvious, like food, but for the thousands of fortunate moments, the multitude of blessings that we receive each day.**

**That's not always as easy as it sounds. We tend to remember the bad things much more easily than the good. You can make thankfulness an everyday habit.**

**Begin by keeping a gratitude journal. Don't write down negative things; only positive ones. For example, "I'm grateful that I made it through that heavy rush hour traffic safely." "I'm grateful that I got to see a beautiful sunset." "I'm grateful that I have a class at school that I really like."**

**Think of all the good things that happened because something bad happened first. For example, "If that slow driver hadn't pulled in front of me, I would have gotten a speeding ticket." "If I hadn't tripped on the playground, I would never have met such a nice person." "If I hadn't experienced unemployment, I would never have acquired the skills that got me a more fulfilling job."**

**Don't focus on what you don't have. Focus on what you do have. For example: "I'm so fortunate to have a warm place to sleep in the winter." "I'm so fortunate to live in a safe neighborhood where I can take walks." "I'm so fortunate to be able to see the beauty around me."**

**Think about people you've known that have made you thankful for their existence. They can be family, friends or simply people that you've read about or seen on television. Imagine how many other people there are who might be equally as wonderful. You just haven't met them yet.**

**Think about people who have made life hard for you. Now think about the things you accomplished because of them. Did you finish something because they said that you couldn't? Did you get better at something because they made fun of you when you did it badly? Did their cruel actions make you vow never to treat others that way? Even the negative forces in your life can be hidden blessings, worthy of your gratitude.**

**Think about the animals that have given you joy: Dogs that love you with every inch of their hearts, cats that think your lap is the best place to nap in the whole world, birds whose songs uplift your spirit, squirrels whose antics put a grin on your face and so on.**

Think about the places that make you smile: A favorite hangout, a wooded trail, an exciting city, a great spot from which to view the sky, a hill that you once rolled down. Give thanks for all these things. Now pass it on. True gratitude involves action. Lend a hand. Pitch in. Make a gift. Give your time. Listen. Give back as often as you can. Even a friendly greeting can make all the difference in the world.

Create your own opportunities for gratitude. Do you know someone who never seems happy? Be ready with a smile and a kind word each time you see them. It may require patience, but eventually, they'll smile first when they see you. Your interactions with them will be much more pleasant. Guess what? You'll have a new reason to be thankful!

Let others know when they've done something that you're thankful for. For example, "I'll never forget how you stuck up for me. It meant a lot." "That email you sent really made my day." "You make shopping here a pleasure." An attitude of gratitude spreads like ripples from a tossed pebble, benefiting all it touches.

Remember that hard times make good times sweeter. Also keep in mind that obstacles and challenges not only make you stronger, but they force you to explore outside of the comfortable routine that you've settled into. Without challenges, there can be no progress. Without obstacles, there can be no achievement. Be thankful for the opportunities that they provide.

Embrace gratitude then and make it a habit while remembering to thank God always and everywhere!



For all things give thanks to God,  
because this is what He expects of you in Christ Jesus.  
Ephesians 1: 3

**PSALM 145**

**I will bless Your name o Lord.**

**Every day will I bless You, and I will bless Your name.**

**You are great, O Lord, and highly to be praised.**

**Generation after generation praises Your works and proclaims Your might.**

**They speak of the splendor of Your glorious majesty and tell of Your wondrous works.**

**They tell of the power of Your deeds and declare Your greatness.**

**They are quick to publish the news of Your abundant goodness and joyfully sing of You.**

**O Lord, You are gracious and merciful.**

**You are compassionate toward all.**

**Let all Your works give You thanks, O Lord,**

**And let Your faithful ones bless You.**

**PRAYER**

**God, most bounteous, we are ever mindful that You gift us at each moment. Help us to realize that everything we have is gift and to always and everywhere give You thanks and praise for You are our God. Continue to grant us Your favors and help us to share our giftedness and gifts with all of our brothers and sisters who are in need. We ask this through Jesus, our Great Gift. Amen.**



**Saint John Baptist de La Salle, Patron of Christian Teachers,  
and all you holy Brothers who have gone before us,  
help us to teach others to give the Almighty thanks and praise.**

**Live Jesus in our hearts. Forever!**