

4. Thanksgiving

How we participate in Christ's
sacrifice of praise.

Let us give thanks
to the Lord our God.
It is right and just.

Listen to Scripture

Alleluia!
My soul give praise to the Lord;
I will praise the Lord all my days,
make music to my God while I live.

Put no trust in the powerful,
mere mortals in whom there is no help.
Take their breath, they return to clay
and their plans that day come to nothing.

They are happy who are helped by Jacob's God,
whose hope is in the Lord their God,
who alone made heaven and earth,
the seas and all they contain.

It is the Lord who keeps faith for ever,
who is just to those who are oppressed.
It is God who gives bread to the hungry,
the Lord, who sets prisoners free.

The Lord who gives sight to the blind,
who raises up those who are bowed down,
the Lord, who protects the stranger
and upholds the widow and orphan.

It is the Lord who loves the just
but thwarts the path of the wicked.
The Lord will reign for ever,
Zion's God, from age to age.

Our Experience

- What am I thankful for?
- To whom do I give thanks?

Read & Reflect

CELEBRATING THE MASS

- 186 The Eucharistic Prayer, the centre and summit of the entire celebration, sums up what it means for the Church to celebrate the Eucharist. It is a memorial proclamation of praise and thanksgiving for God's work of salvation, a proclamation in which the Body and Blood of Christ are made present by the power of the Holy Spirit and the people are joined to Christ in offering his Sacrifice to the Father. The Eucharistic Prayer is proclaimed by the priest celebrant in the name of Christ and on behalf of the whole assembly, which professes its faith and gives its assent through dialogue, acclamations, and the Amen. Since the Eucharistic Prayer is the summit of the Mass, it is appropriate for its solemn nature and importance to be enhanced by being sung.
- 187 The Eucharistic Prayer is proclaimed over the people's gifts. Through this prayer which has a rich and varied tradition, the Church gives praise and thanks for God's holiness and justice and for all God's mighty deeds in creating and redeeming the human race, deeds which reached their climax in the incarnation, life, death, and resurrection of Jesus Christ. In the Eucharistic Prayer the mystery of Christ's saving death and resurrection is recalled; the Last Supper is recounted; the memorial Sacrifice of his Body and Blood is presented to the Father; and the Holy Spirit is invoked to sanctify the gifts and transform those who partake of them into the body of Christ, uniting the assembly and the whole Church and family of God, living and dead, into one communion of love, service, and praise to the glory of the Father.

For Discussion

- How would I describe the Eucharistic Prayer?
- How do I participate in the Eucharistic Prayer?
- How are we joined to Christ in offering his sacrifice to the Father?
(cf. CTM 186)

Act

- Listen to the Eucharistic Prayer at Sunday Mass, and afterwards note any words or phrases in the Eucharistic Prayer (including its Preface and acclamations) and reflect on any that particularly strike you.
- Use these in your prayer over the coming days.

Prayer

My soul glorifies the Lord,
my spirit rejoices in God, my Saviour.
He looks on his servant in her lowliness;
henceforth all ages will call me blessed.

The Almighty works marvels for me.
Holy his name!

His mercy is from age to age,
on those who fear him.

He puts forth his arm in strength
and scatters the proud-hearted.
He casts the mighty from their thrones
and raises the lowly.

He fills the starving with good things,
sends the rich away empty.

He protects Israel, his servant,
remembering his mercy,
the mercy promised to our fathers,
to Abraham and his sons for ever

Glory be to the Father, and to the Son,
and to the Holy Spirit.

As it was in the beginning, is now, and ever shall be
world without end. Amen.

Magnificat
Luke 1: 46–55

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One of a series of resources produced by the Liturgy Office of the Bishops' Conference to accompany the introduction of the 3rd edition of the *Roman Missal* © 2011 Catholic Bishops' Conference of England and Wales. [S001] www.missal.org.uk

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