

PARISHES OF
ST PIUS X, ALDERLEY EDGE, ST BENEDICT'S, HANDFORTH

AND

SACRED HEART & ST TERESA'S WILMSLOW

WEEKLY REFLECTION

**Sunday 26th October 2025: 30th Sunday in Ordinary Time
Prayer (2)**

PRAYER OF THANKSGIVING

Perhaps the best known prayer of thanksgiving is the prayer after a meal:

We give thee thanks, Almighty God, for all the benefits we have received,
Through Christ our Lord
Amen

But we have far more reasons to thank God. We should thank God that we can hear for there are those who cannot; we should thank God that we can see for there are those who cannot; we should thank God that we can speak for there are those who cannot. And so it is for all our senses, we should thank God that we have them. When we think of wars, violence and suffering we should thank God we are free of these things (if free we are).

But above all we should thank God for our birth, for our upbringing and maturity. Indeed our hearts should be full of gratitude for our very being. Where would we be without the generosity of God giving us our very being? Adapting the prayer after meals we can say:

We give thee thanks, Almighty God, for our own very being and for the
multitude of benefits that we have received,
Through Christ our Lord
Amen.

The Catechism of the Catholic Church tells us at para. 2637:

“Thanksgiving characterises the prayer of the Church which, in celebrating the Eucharist, reveals and becomes more fully what she is. Indeed, in the work of salvation, Christ sets creation free from sin and death to consecrate it anew and make it return to the Father, for His glory.”

And the CCC continues at para. 2638:

“As in the prayer of petition, every event and need can become an offering of thanksgiving. The letters of St Paul often begin and end with thanksgiving, and the Lord Jesus is always present in it: ‘Give thanks in all circumstances; for this is the will of God in Christ Jesus for you’ (1 Th 5:18); ‘Continue steadfastly in prayer, being watchful in it with thanksgiving’ (Col 4:2)”

PRAYER OF PRAISE

We are children of God. We have been in the mind of God from all eternity. It is fitting therefore that we as children of God should praise God for our creation but more importantly, praise Him as creator for His own sake and give Him glory because He is. How better can we do this than by praying Psalm 34:

I will bless the Lord at all times, His praise shall be ever on my lips:
I will praise the Lord from my heart, let the humble hear and rejoice.

Proclaim with me the greatness of the Lord, let us acclaim His name together.
I seek the Lord and He answers me, frees me from all my fears.

Fix your gaze on the Lord and your face will grow bright;
You will never hang your head in shame.
A poor man calls and the Lord heard him and saves him from all his troubles.

The angel of the Lord encamps around those who fear Him and rescues them.
Taste and see that the Lord is good how blessed are those who take refuge in Him.

Come my children listen to me, I will teach you the fear of the Lord.
Who among you delights in life, longs for time to enjoy prosperity?

Though hardships without number beset the upright
The Lord brings rescue from them all.
The Lord takes care of all their bones, not one of them will be broken.

Psalm 150

Alleluia

Praise God in His holy place,
Praise Him in the heavenly vault of His power.

Kevin Hanrahan