



Eucharisto

A LIFE OF THANKSGIVING, OFFERING AND TRUST

Notice God's grace. Give thanks. Offer what you have.
Trust Christ to redeem and transform.



NOTICE	THANK	OFFER	TRUST	SHARE
Where do you see grace?	What can you give thanks for?	What do you have to give?	What do you need Christ to redeem?	How can you be a blessing?
 Notice a blessing you usually overlook	 Give thanks for something ordinary	 Offer your time	 Bring a wound or hurt to prayer	 Share a meal with someone
 Notice where God is already at work	 Give thanks for a person who has helped you	 Share something you have	 Ask God what your difficult experience might teach you	 Do something kind for someone
 Notice grace in an ordinary moment	 Give thanks for something you once took for granted	 FREE Bring your whole self to the table.		 Offer what you thought wasn't enough
 Notice a gift in nature	 Give thanks for God's Word	 Use your gift or talent to bless someone	 Let God heal what feels broken	 Send a thank-you note or message
 Notice something hopeful	 Give thanks before your next meal	 Give something away	 Trust God with what you can't control	 Come to Eucharist ready to offer yourself



Eucharist means "thanksgiving."

At the table we bring what we have—our gifts, our stories, our abundance, and even our "not enough." Christ receives it, redeems it, and sends us into the world to be his love in action.



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WHAT WE DO AT THE TABLE — AND WHY IT MATTERS

THANKSGIVING

The word *Eucharist* comes from the Greek *eucharistia*, meaning thanksgiving. We gather to remember God's goodness, Christ's life, death and resurrection, and the grace we receive.

OFFERING

At the Eucharist, we bring ordinary bread and wine—and we also bring ourselves. Our gifts, our time, our stories, our abundance, and even our “not enough” can become an offering.

THE “NOT ENOUGH” MOMENTS

Like the loaves and fish, what we have may seem too small. Jesus invites us to bring it anyway. The question is not, “Is this enough?” but, “Will I place what I have in God's hands?”

REDEMPTION

We bring not only our gifts but our wounds, disappointments, failures, and broken places. Redemption does not mean the wound was good. It means the wound does not get the final word. Christ can transform places of pain into places where grace, compassion and love can grow.

RECEIVING

We cannot make ourselves into enough. We receive. We are fed by grace, reminded that we are beloved, and strengthened for the life of love.

GOING

The Eucharist sends us back into the world. Thanksgiving becomes a way of living: notice God's gifts, offer what you have, receive grace, and share what you have received.

Bring what you have.

The gift. The scarcity. The joy. The wound. The ordinary. The “not enough.”

Bring it to Christ.

A September practice: When you come forward for Eucharist, silently name one thing you are thankful for, one thing you are offering, and one place where you need God's redeeming grace.

