

A THANKSGIVING MESSAGE



As a celebration or tradition of celebrating a bountiful harvest, Thanksgiving spans the globe of continents, people and culture. At the heart of Thanksgiving are the feelings and actions of appreciation, thankfulness and gratitude.

Many of us do not experience gratitude very often because of social comparison. As humans we are constantly comparing ourselves to other people to get a sense of who we are, and how we are doing. We compare and value others by wealth, material possessions, or even relationships. We often do not notice the simple blessings in our own lives.

In this season of Thanksgiving, as we share a bountiful meal with friends and family, or volunteer for the less fortunate, let us remember to *Count our Blessings and Name them One by One*, whether we find ourselves in lack or plenty.

In the words of author Melody Beattie, "Gratitude unlocks the fullness of life. It turns what we have into enough and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

"...O Lord, that lends me life; lend me a heart replete with thankfulness!" - William Shakespeare

Happy Thanksgiving.

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