



SALT Newsletter

NOVEMBER 2024

Gratitude

Thanksgiving: A Celebration of Gratitude

Thanksgiving is a beloved holiday rooted in tradition, reflection, and appreciation. Originating from early harvest festivals and feasts, it has evolved into a celebration that fosters gratitude, family bonding, and community spirit.

Today, Thanksgiving is a time for families and friends to come together, often traveling great distances to share a meal and create lasting memories. The holiday is centered around a traditional meal that often includes turkey, stuffing, cranberry sauce, and pumpkin pie that not only nourishes the body but also serves as a symbol of the abundance for which people are grateful.

Thanksgiving has also become a time for reflection since many families start their meals by expressing what we are thankful for. We recognize and appreciate both the big and small blessings in our lives---be it health, relationships, or personal achievements. We give thanks for the food that we share with



each other. The act of giving thanks is fundamental to the holiday, reminding us to acknowledge the kindness of others and the richness of their lives. This spirit of gratitude extends beyond the dinner table since many people engage in charitable acts during this time,

such as volunteering at food banks or donating to those in need. This generosity fosters a sense of community, emphasizing the importance of helping others and giving back.

Moreover, Thanksgiving serves as a reminder of the significance of family and connection. In our fast-paced, often disconnected world, the holiday provides an opportunity to pause and strengthen bonds with loved ones. The shared experience of preparing meals, recounting stories, and celebrating together reinforces the importance of relationships and creates lasting memories.

To help us keep our minds and hearts on giving thanks, here is a Thanksgiving prayer:

Lord, as we gather around this table today, let us give thanks for our many blessings, but let us also pray for those in need. We give thanks for our family and friends, but let us also pray for those who are lonely and have no one to be with this Thanksgiving. We thank you for our freedom all the while remembering to pray for those who are oppressed or suffering from the effects of war. We give you thanks for our good health, but we also pray for those who are sick. We are grateful for everything that we have; help us to share our blessings with others. On this day of Thanksgiving, may the love of God be with us, His peace within us and His joy strengthen us. Amen.

