

Sage-ing Age-ing

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NAMASTE!

Thanksgiving Notes & Quotes

I'd like to share with you some notes and quotes that may help you experience a heart full of thanks and inspire gratitude. Start Thanksgiving day off right by reflecting on both the blessings and struggles that have brought you growth and wisdom. Give thanks in all things.

*Each day is a gift from God. What you do with it is your gift to Him. T.D. Jakes

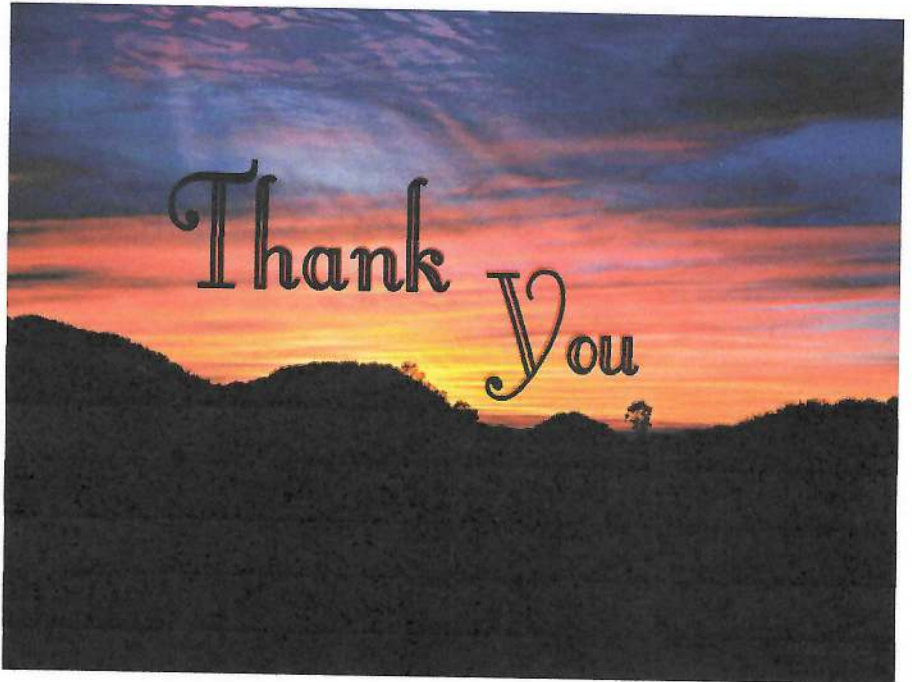
*When a child gives you a gift, even if it is a rock they just picked up, exude gratitude. It might be the only thing they have to give, and they have chosen to give it to you.

*Thanksgiving, after all, is a word of action. W.J. Cameron

*We can always find something to be thankful for, and there may be reasons why we ought to be thankful for even those dispensations which appear dark and frowning.

A. Barnes

*As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. John. F. Kennedy



God of all blessings, source of all life, giver of all grace, we thank you for the gift of life: for the breath that sustains life, for the food of this earth that nurtures life, for the life-giving love of family and friends

We thank you for the mystery of creation, for the beauty of the Earth that the eye can see, for the unfolding universe that draws us beyond our imaginings.

We thank you for the Community to which we belong, for families, for friends, for neighbors and for companions where we live.

We thank you for the strangers who welcome us into their lives and whom we invite to be part of ours. We thank you for our brothers and sisters of all ages, all races, all nations and all faiths. We thank you for the ways that you call us to steward the gifts of creation and to serve others in your name! Amen.

Always, always be thankful...

Thanksgiving quotes emphasize the role gratitude can play in your life—and in just one day a year. Even in the darkest of times, there is so much to be thankful for, and in a year that has included global pandemic and continued racial injustice, Thanksgiving can be a day to remember all things, big and small. Let gratitude be the pillow upon which you kneel to say your nightly prayer. And let faith be the bridge you build to overcome evil and welcome good. M. Angelou

*Feeling gratitude and not expressing it is like wrapping a present and not giving it.

*Along my journey, I learned that the more thankful I am, the more I have to be thankful for.

*On our calendar, Thanksgiving comes November 25 this year, but in my heart, it is always here.

*In the morning I thank God for the things I see; all the beauty He have given to me.

I thank Him for each sound that I hear, the rustling leaves, the bleating deer, the sirens of ambulances coming near.

I thank Him for the roof over my head, and my warm apartment and cozy bed;

I thank Him for every scent that I smell, some beckoning my stomach to fill.

I thank Him for my Sisters, for my family and friends, each one is so very special to me.

I know now what I am trying to say, thank you, God for everything, every day.

*The power of gratitude can often be overlooked in the complexity of day-to-day life. Many people do not know that feelings of gratitude can set into motion potent, beneficial changes within the human personality. Feelings of gratitude can create an emotional softening and a deepening of love in your experience of yourself and your life, bringing about greater joy and happiness in your human expression. Gratitude can also stimulate strong inner energies within you that can lead to a blossoming of your intuitive abilities, enabling you to have a deeper spiritual experience and to become more aware of your existence as an eternal soul.

What is important is to encourage as many experiences of gratitude as you can, no matter what is happening in your day-to-day life, so that you are not manipulated by circumstances and by your feelings about them. You can learn to take a few moments in each day to feel grateful for life, even when you are feeling challenged.

Have a Blessed Thanksgiving
Editor Jane Zoltek ssi-tosf

Happy Thanksgiving...

As you join with your family and friends on this day, please include the less fortunate in your thoughts as you pray!

There are many among us who have no holiday fare, in every corner of the world, there are homeless out there.

Perhaps, due to circumstances and through no fault of their own, they now find themselves hungry, destitute and oh so alone!

In whatever prayer of thanks you offer; no matter what words you say, Please add this simple verse—help someone else find *their way*.

Lord, help me to help those who have nothing to celebrate today; to make their lives better, please show me the way!

If you put “self” aside each day for a moment or two, show compassion for others, you’ll be amazed at the good you can do!

And, next year when you gather to give thanks once again, you can say...

Thanks for helping me make a difference Lord...Thank you Amen.

WE GATHER AT THANKSGIVING

As we are gathered for thanksgiving this year, we are happy to be with each one who is here. We are all trying hard not to display sad faces. For some of our loved ones are not in their places. They are gone on to Glory to be with the Lord evermore where each day is Thanksgiving on that bright golden shore. Now we will all just cheer up and thank God for who is here. We’ll thank God for blessings He has given us this year!