



Greetings,

Thanksgiving is a time to pause and reflect on the bounty of God's presence in our lives. In the changes of life, God's love is constant. In our moments of heartache and worry, God accompanies us with a tender and loving care.

Thanksgiving is always a time of heightened awareness for me of living each day with gratitude and thankfulness. Do you have a daily gratitude practice? Is there something you do each day to reflect on God's gracious presence in your life? Some people choose to list three things they are grateful for each day as an intentional way of focusing on gratitude. It has been said that having a daily gratitude practice results in increased joy and enthusiasm.

Harold Kushner said the following: "Our ability to receive God's blessings with thanksgiving will never outstrip God's ability to bless us. For those who have cultivated the habit of gratitude, no matter how large a bowl we set out to receive God's blessing, it will always overflow."

Psalm 100 is a psalm of thanksgiving reminding us to offer praise: "Enter his gates with thanksgiving, and his courts with praise. Give thanks to him, bless his name. For the Lord is good; his steadfast love endures forever, and his faithfulness to all generations." (Psalm 100: 4-5)

Let's gather together for worship on Thanksgiving Sunday to remember and respond to God's blessings through our songs, our prayers, and actions.

Blessings,

Rev. Lynda Harrison