

Father Paul's Thanksgiving Day Email

November 22, 2023

Tomorrow is Thanksgiving Day in these United States of America. Here at Blessed Sacrament we have scheduled Mass at 1 pm followed by a Covered Dish Turkey Dinner with another option for those who don't like turkey. All are welcome to join in the festivities. There is no Faith Formation this Thanksgiving weekend. However, our Children and Your Music Ensemble will meet for an extended rehearsal Sunday morning for about an hour between Masses.

Here are some Gratitude Best Practices by Author Unknown for us to consider.

- **Try to be grateful for our challenges, not just our blessings.** Try looking at adversity as a source of helpful lessons rather than frustrating burdens to carry.
- **Express gratitude at every opportunity.** "I am grateful..." "I appreciate..." and a simple "Thank you" can never be overused and should be shared throughout the day when an appropriate opportunity arises.
- **Make it memorable.** Send a handwritten note of gratitude whenever possible.
- **Be intentional.** Place a reminder on the calendar each Friday morning to express gratitude for the people & blessings we have experienced during the week.
- **Be grateful for EVERYTHING.** Ralph Waldo Emerson said, "Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude."
- **Always give thanks to God.** Be grateful to God for the gift of our lives, for air in our lungs, the shining sun on our faces and for all Creation. Share this gratitude in prayer throughout the day. Author Donald DeMarco reminds us, "God's generous presence in our lives lays claim to a form of gratitude that is never satisfied by the mere recitation of thanks, but requires us to express our gratitude in action. The kind of gratitude that God is hoping to find is one that includes a bond of friendship and a commitment to service."

As we approach Thanksgiving, remember that gratitude is not the act of a single day but an approach to life. When you consider how to go about living your life and interacting with those you encounter each day, why not choose the gratitude approach? Make the commitment and watch your life absolutely change for the better.

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Parish website <https://www.blessedsacramentwv.org>
Faith in West Virginia <https://faithinwv.org/latest-bulletin/>
This Sunday's Readings <https://bible.usccb.org/bible/readings/112623.cfm>
Wednesday Bible Handout <https://blessedsacramentwv.org/en/download/bible-share-11-292023/?wpdmdl=1522&refresh=655e5da8ddd31700683176>
This Sunday's Bulletin <https://blessedsacramentwv.org/en/download/november-26-2023/?wpdmdl=1523&refresh=655e5da8d1df71700683176>

PRAYER

Lord, you live in me by your grace,
I delight in you above all things.
I have to love you, thank you, and praise you;
I cannot do less, because for me that is eternal life.
You are my food and my drink:
the more I eat the more I hunger;
the more I drink the more I thirst;
the more I possess you the more I desire you.
You are sweeter than honey to me, far
sweeter than any sweetness that can be tasted.
There is always a hunger and desire for you within me,
because I cannot exhaust your glorious abundance....

I can only thank you, praise you, and honor you,
because for me that is eternal life.
I experience a certain impatience within me
and do not know what it may be.
If I could come to be but one with you, O God . . .
then all my lamenting would come to an end.
Lord, who know all my needs,
do with me whatever you wish.
I abandon myself completely to you and
take refuge in you without fearing my suffering.
— Blessed John Ruysbroeck (1293-1381)

MYSTIC MORSELS

Just as one cannot build a ship unless one has some nails, so it is impossible to be saved
without humility.
— Saint Amma Synkletike (a Desert Mother)

True charity consists in putting up with all one's neighbor's faults, never being surprised
by his weakness, and being inspired by the least of his virtues.
— Saint Therese of Lisieux (1873-1897)

CARBONATED GRACE ***

During his parish's Thanksgiving service, a Lutheran Minister called the kids to come
forward for a children's message. He reminded them of all the blessings God has given
us for which we should be thankful. Then he asked them, "What are you thankful for?"
One answered, "My family." Another said, "My home." Then little Joey piped up, "I'm
free!"

The minister marveled that a 3-year-old would be able to conceptualize the idea that our freedom is something for which to be thankful. "Very good, Joey," he exclaimed. "You're thankful that you are free!" Then his wife, who was sitting close to the front of the church, got his attention. She pointed to Joey, and then held up three fingers. It was then that he realized little Joey was holding up three fingers and was saying he was 3 years old.

*** Anne Lamott calls laughter *carbonated grace*