

Thanksgiving Milestone



Celebrating Thanksgiving with food, caring conversations, reading scripture and prayer can be a great way to remember our connection as family and can help deepen our relationships. At Thanksgiving we are reminded that God is present in our lives not only when times are difficult but also when times are good. Finding ways to remember the goodness of life and the gift of our time together is a yearlong and lifelong task.

The Thanksgiving Milestone has four steps: Caring Conversation, Bible reading, Activity and Ritual.

1. **Caring Conversation:** Take a few minutes to run outside as a family and collect 4 or 5 leaves each. Place a nice plate on the kitchen table. Each person is invited to say something they are thankful for, and with each thanksgiving, place one of their leaves on the plate. Go around the table until all the leaves are on the plate. Chat using one of the following questions
 - a) What was your favorite thanksgiving from the plate?
 - b) What is your favorite thing about your Parents? (Do they give good hugs or play silly games with you?)
 - c) Grownups what is the favorite thing about your parents that you appreciate or appreciated?
 - d) When is it important to say thank you?

2. **Bible Reading:**
 - a) Some argue that gratitude is one of the most powerful spiritual practices we can do for ourselves. When we take a moment to look for the beauty, and peace in our lives and rejoice in the wonderful people who walk beside us, we are able to better navigate the tough times.

From the Book of 1 Chronicles 16:7-36 we read David's beautiful hymn or Psalm of Thanksgiving: I like verse 34:

"Give thanks to the Lord, for he is good; his love endures forever." (NRSV)

I can almost see David, famous for dancing, twirling and smiling as he gives thanks for God's love that will not let him go.

3. Activity:

- a) Sometimes we have special meals at Thanksgiving. Ham, Turkey, Noodles, etc. One of the ways we say thank you or show gratitude is sharing with others. Count how many people are at your special Thanksgiving supper and donate one can of soup per person to the Food Bank. McClure United Church has a Food Bank Bin in the lobby and most grocery stores have a collection basket.
- b) Tell someone "Thank you" for being nice to you.
- c) Take a walk with your family and find a beautiful tree that is changing colours. Hug that tree and listen. Give God thanks for the tree and all of God's amazing creation.
- d) Play your favorite dance song, and like David from the bible dance, and twirl making sure you have your best smile on.

4. Ritual:

You will need strips of paper (1.5 inches by 11) and a marker. Write one thing you are grateful for on a strip of paper. Create a gratitude chain by stapling the ends of the strip together and then adding another strip. See if you can create a chain long enough to hang across the living room or maybe decorate the kitchen. Keep adding to the chain for the rest of the week. Each time you add something, you are grateful for, to the chain give God thanks too.

