

# Giving Thanks on Thanksgiving Day

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It is a very difficult year in America. We continue to struggle with the COVID-19 Pandemic. Many families do not have sufficient food supplies and cannot pay their bills. Some do not have jobs or have lost significant income. And still others are depressed and cannot meet their own needs and the needs of family members. Then millions of America's students are forced to learn remotely with closed schools. Millions suffer from racism. Millions also have been forced to evacuate or lost their homes to extreme weather from climate change.

As we approach another Thanksgiving holiday, we must consider how we can safely celebrate the day with our family and friends. As a senior citizen, I will continue to social distance from all five grandkids and our extended family.

Summarized below are some things, I continue to be thankful for:

Healthy living and being able to give back to my family and friends

A spiritual connection with nature and the community

The love and support of family, friends, students, and community members

A commitment to hiking, exercising, and achieving a balanced life

Participation in various creative activities

including writing, watercolor artwork, and crafting

As you prepare for your Thanksgiving event, you may want to encourage your children to list their thankful thoughts. Some families create a family tree structure and cut out leaf tracings on colored construction paper. Your children and family members can write a thankful thought on each cut leaf and then stick or hang the leaf on the tree structure.

Much serenity as you share your grateful thoughts with each other this holiday season.

Hugs,

Mary Ann

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