

## Thanksgiving Litany

This year, I am especially thankful for:

### **From the Children:**

Wi-fi  
Bed  
Dogs  
Food  
Ukulele  
Books money  
Math  
A loving family  
Electronics  
Enough money for food  
Church  
Cheetah  
Cupcakes  
Lady bugs  
Having my own Star Wars video  
Painting  
Roller skating  
My mom  
That I have my family  
I'm grateful that my mom always helps me when I'm hurt

### **The Grown-ups:**

The Natural World  
  
Wide open sky  
  
The sun rising hitting the oak leaves and making them burnished bronze  
  
I am grateful for the birds that stay through winter.  
  
Sunlight on the floor

Stopping for a moment to feel present in nature and give thanks for its healing energies

Light reflecting off autumn leaves

The river and the sound – the confluence of water

The woods and wildlife

On nice, crispy nights looking at the stars, watching the seasons change.  
It's a beautiful world!

Sunshine

### **Where We Live**

The river that winds past my home a few feet from my front door: strong, clear, quiet, a reminder of the vastness of nature and my small but important place within it.

Looking at the cove from my kitchen window

The light rising through my kitchen window shining on a family at peace

The view of the lighthouse and sea from all my windows makes me grateful for every day I'm alive to see it.

For being able to live in SE CT – a beautiful place.

Family and Friends

Love of family

Grandchildren

The smiles on my family's faces as we move through this world.

My spouse's sunny spirit

Little notes from my children and reading bedtime stories aloud

No matter how tough things get, we stick together

Seeing my daughters sleeping peacefully as I kiss them good night

My daughter's voice and my son's voice

My healthy, beautiful, growing daughter, Rowan and my loving, selfless wife, Amy

When my son draws me a rainbow

Seeing my kids happy

The smiles and laughter of my children

Our healthy children

That the technology of Facetime brings our family in Orlando closer to us.

A stranger's smile

Spending time with the people in my community

Good neighbors

A greeting from the heart and a true smile

Expressions of love.

The random, uninfluenced by me, kindness of my children.

A random song in the middle of the Thanksgiving litany .... Bil for a "C"

### **Our Animal Companions**

My animals

That quiet time just before dinner when it is just me and 7 cats enjoying the sound of outdoors and the silliness that only 7 cats can create.

Walking my dog

Three small and lively dogs who greet my every arrival with song and dance.

I love being greeted by my dogs Emma & Buffy

Morning Joy

The breaking of dawn's light

The morning paper

Waking up every morning. Living makes me grateful.

Drinking coffee each morning over great conversation with great friends.

### **The Basics**

Making my oatmeal every morning. It fills me with gratitude that I have warm food to start my day.

The aroma of the fresh bread my wife bakes

That I have a roof over my head with heat and AC and food to eat.

Fresh well water

Running water

Hot water. Several weeks without it and you would be grateful, too!

A washing machine ... an unexpected gift from my mother in a time of need.

The energy to function

Being responsible

### **Spiritual Practice**

Authentically connecting to self.

Playing singing bowls

My children and I ask each other "What are you grateful for today?" We take time to pause and reflect.

Sitting in my meditation chair by the light of one small candle as the dawn arrives. A chance to begin again each new day.

Sobriety!

Having so many possibilities

Another day that I can possibly be a blessing to someone else!

Our family chalice that lives on our altar of remembrance

Quiet time

### **Work**

My boss's words, "Thank you for your insight."

My homework

The waves, smiles and hugs from kindergarten students at my school

The hug and hello of a six-year-old on a school morning.

Hearing the small snippets of conversation between the children we serve and my colleagues. They are beautiful moments of presence and love!

The gifted musicians I perform and rehearse with.

Teaching New London children

All Souls

Church

The peace that All Souls brings

### **And finally ...**

Warmth

Hospitality

Love