

Together we pray: Bless the LORD, O my soul, and all that is within me, bless his holy name! Bless the LORD, O my soul, who forgives all our iniquity, who heals all our diseases, who redeems our life, who crowns us with steadfast love and mercy, who satisfies us with good so that our life is renewed like the eagle's. **Amen**

Together we pray: The Lord's Prayer

Our Father, who art in heaven, hallowed be thy Name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day, our daily bread, and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation but deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever and ever. **Amen**

Benediction

May the peace of God which passes all understanding keep our hearts and minds on the knowledge and love of God, and may God's blessing be upon us and remain with us always.

9 Fun Facts About Thanksgiving

- 1: Philadelphia is home to the oldest Thanksgiving parade.
- 2: Americans eat an estimated 50 million pumpkin pies on Thanksgiving. While apple pie remains the most popular pie in America, on Thanksgiving, pumpkin pie is the reigning champion.
- 3: The first Thanksgiving lasted 3 whole days.
- 4: Thanksgiving did not become a national holiday until 1863. Although the first Thanksgiving was held in 1621, and there are many reported occasions of celebrating the holiday after that date, it took over 200 years for the entire nation to get on board.
- 5: Americans consume approximately 46 million turkeys on Thanksgiving.
- 6: Only male turkeys actually gobble. Male turkeys — fittingly named “gobblers” — actually make the gobble sound. Female turkeys, on the other hand, make a cackle sound.
- 7: “Jingle Bells” was originally written as a Thanksgiving Day song. When composer, James Pierpont, first wrote “Jingle Bells” in 1857, the song was titled “One Horse Open Sleigh,” and was intended to be a song for Thanksgiving.
- 8: A botched Thanksgiving order lead to the invention of frozen “TV tray” dinners. In 1953, an employee at C.A. Swanson & Sons overestimated demand for Thanksgiving turkey—nearly 260 tons too many! A Swanson salesman saved the day by ordering 5,000 aluminum trays to create a turkey meal that became the first TV tray dinners.
- 9: The annual White House tradition of “pardoning” a turkey officially started with George H.W. Bush in 1989.



**Join us for Our Thanksgiving Service
In the AGH Family Chapel
Wednesday, November 27th at Noon**

This service is offered by Pastoral Care Services of Atlantic General Hospital & Health System. We pray that it brings you strength and peace on this day and the weeks to follow.

410-641-9725, 410-629-6848



The Peace of the Lord be with you.
Give thanks and bless God's name
For God's steadfast love endures forever.

Prayer

Thank you God for giving us another day, another chance to become a better individual, another chance to give and experience love. Thank you God for giving us health, for the food you provide, for the awareness you have awakened in us. Thank you for the energy that feeds our souls, the sun that warms our bodies and the air that fills our lungs. Because of you we believe in the good and have faith. Because of you we are learning to love and accept ourselves. Because of you we are blessed. God, stay connected to us today and always, for we need you in order to fulfill our spiritual tasks. God, show us how to love ourselves to be able to love others. Help us become the type of people that we would like to befriend, help us forgive ourselves and forgive others. God, make us a channel of your energy and help us understand. We thank you God for giving us another day, another opportunity to do it right. Keep us all close to you and listen to our prayers.

Amen

A Moment of silent gratitude for those we love.

Psalm 100

Make a joyful noise to the Lord, all the lands.
Serve the Lord with gladness! Come into God's presence with singing.
Know that the Lord is God! It is He who made us, and we are His;
We are his people and the sheep of his pasture.
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.

Greetings and Happy Thanksgiving

How to be thankful to God during difficult times is a question rummaging through my head currently. Thankfulness is not just a nice thing positive people should be, thankfulness has many implications for our outlook on life and our trust in God's providence. It deserves our attention.

Being thankful does not mean you cannot experience disappointment or be bummed out. Thankful doesn't mean bubbly or overly energetic at 6 AM. Thankfulness is a deeply rooted trust that God is good, and you have more than you deserve.

Thanksgiving during difficult times is not saying you enjoy the sting of disappointment. It is the trusting of promises that are given by God. It is all working together for your good and His glory. I'm not trying to paint an unrealistic picture of being thankful when your life falls apart, when tragedy strikes, or your health fails and you end up in the hospital. It would be unloving and even damaging for someone to tell you in moments like these: "Well, that stinks. But be thankful!"

Why is thankfulness something, down the road of disappointments, we should seek to cultivate into our lives? Because thankfulness can be a pressure valve on our bitterness. It's a re-focusing our gaze from what we do not have, to what we do. It keeps us from living stuck in the past or escaping to the future. It reminds us the life we have is the life we have and there are good things in it.

Moreover, we should probably ask 'Do we know our heart so well that we are sure the words of thanks have no trace of gratitude in them?' I, for one, distrust my own assessment of my motives. I doubt that I know my good ones well enough to see all the traces of contamination. And I doubt that I know my bad ones well enough to see the traces of grace. Therefore, it is not folly for us to assume that there is a residue of gratitude in our hearts when we speak and sing of God's goodness even though we feel little or nothing.

Thank God. If you cannot do it with the joy that you should, do it as you can. Do not say that you are unfit for thanks and praises unless you have a praising heart. Every person, good and bad, can be thankful for all that he/she has received, and to do it as well as possible, rather than leave it undone.... Doing it as you can is the way to be able to do it better.

Thanksgiving is a discipline, not just a reaction. You are not called to be thankful *for* everything. You are called to be thankful *in* everything.

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.
-1 Thessalonians 5:16-18