

Although you might be reading this on October 30 or October 31, this is the November edition of Come & See. As a result, this is when we think about gratitude and we begin to start thinking about family gatherings.

I see gratitude as a big part of my vocation: who I am as a clergy person. I am often thanking people, even when they haven't done anything particularly special. In my opinion, though, anything someone is willing and able to do is worth gratitude.

But gratitude isn't just saying, "thank you;" gratitude is an embodiment of thanks for everyone and everything. It almost has a level of awe or wonder attached to it. This is tricky, though, because while yes, gratitude does include a sense of awe or wonder, it is not about being awed by someone who finally did something (there's a language nuance there)—instead, it's about being awed by everything.

It's about being awed because God created each one of us and all the trees and birds and clouds and waves and everything else we experience at all times. And isn't it awe-inspiring to think that God created all of this? And by creating it, God is also in all of this?

You know, there are a lot of words used to describe what we do on Sunday mornings: The Lord's Supper, Communion, Mass. The word I like best is Eucharist, which is Greek for "thanksgiving." It is by partaking in communion that we give thanks to God—to Jesus—for all that has been done for us.

This year, as you sit down with family for Thanksgiving (perhaps family you haven't seen in more than a year, even), I invite you to really embody the spiritual practice of gratitude. Yes, please say "thank you" when someone passes you the mashed potatoes. And also, say "thank you" with your attitude, your way of thinking, your way of being—say "thank you" to God for all of the many blessings you have (and yes, even for some of the hardships)

As you say "thank you" to God, you may just find that the people around you start to reflect that same gratitude back to you. A gratitude that includes awe and wonder and also joy.

### **A Litany of Thanksgiving (BCP, 836)**

Let us give thanks to God our Father for all his gifts so freely bestowed upon us.

For the beauty and wonder of your creation, in earth  
and sky and sea.

*We thank you, Lord.*

For all that is gracious in the lives of men and  
women, revealing the image of Christ,

*We thank you, Lord.*

For our daily food and drink, our homes and families,  
and our friends,

*We thank you, Lord.*

For minds to think, and hearts to love, and hands to  
serve,

*We thank you, Lord.*

For health and strength to work, and leisure to rest  
and play,

*We thank you, Lord.*

For the brave and courageous, who are patient in  
suffering and faithful in adversity,

*We thank you, Lord.*

For all valiant seekers after truth, liberty, and justice,

*We thank you, Lord.*

For the communion of saints, in all times and places,

*We thank you, Lord.*

Above all, we give you thanks for the great mercies and promises given to us in Christ Jesus our Lord;  
*To him be praise and glory, with you, O Father, and the Holy Spirit, now and for ever. Amen.*