

Thanksgiving: More Than a Holiday—Cultivating a Life of Gratitude

Do you have a grateful heart? November 27th, 2025 is Thanksgiving Day in the United States.

In 1621, the Plymouth colonists from England and the Wampanoag people shared an autumn feast, beginning a tradition of giving thanks in various regions in America. But Thanksgiving was not celebrated as a national holiday until 1863, when President Abraham Lincoln proclaimed the last Thursday in November as a day of national thanksgiving.

How do you celebrate this national holiday? There are various traditions, including a LARGE meal with family and friends with turkey, pumpkin pie, and all the trimmings, watching the Macy's Thanksgiving Day Parade, and running in a "Turkey Trot" event. But do you genuinely have a grateful heart; do you give thanks for your blessings on this holiday?

May we cultivate a grateful heart this Thanksgiving Day! Perhaps we could...

- Make a list of things we are grateful for.
- Add a thankfulness reminder to our calendars to make thanksgiving a regular habit. The more we do it, the more natural it will become.
- Write a note of appreciation to someone who has been a blessing in our lives.
- Give thanks to God. As the Hebrew Bible states in Psalm 67:6, "The land yields its harvest; God, our God, blesses us."

Gratitude may not always be natural, but it becomes easier as we practice. So, may we have grateful hearts not only on Thanksgiving Day but as a part of our everyday lives?

With blessings and peace,
Chaplain Glen