

Giving Thanks

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Unlike Christmas or Easter, November's holiday isn't linked to a pivotal event in religious history. Instead, we're told, Thanksgiving began on an ordinary autumn day when two tribes – Native American and English – simply decided to come together to share food, drink, and a peaceful moment of pure spiritual gratitude.



In that moment, somehow, they were fully awake to the fact that our existence on this Earth is pure grace. It's a gift we don't have the power to give ourselves. Naturally, this awareness made them feel grateful, and they found a beautiful way express their thanks. To this day, at its best, the tradition of Thanksgiving carries this deep meaning forward, and gives us a chance to feel it and express our gratitude, as well.

So, this Thursday, I hope we can keep in mind our ancestors' wisdom and courage as they faced a difficult future together. And I wish you a very Happy Thanksgiving!