

What giving thanks means

As I meet with various people in various seasons of their lives I notice that those that are depressed, those darkened by the acts of others and those contemplating the worth of their current personal, family relationship state have forgotten to be grateful for what they have.

This may sound too practical or perhaps condescending; yet it has been said by many people much wiser than myself. Below are some thoughts to help us ponder this sometimes forgotten holiday of Thanksgiving.

Charles Dickens: "Reflect upon your present blessings — of which every man has many — not on your past misfortunes, of which all men have some."

C. JoyBell C: "This is the key to life: To expect everything to be given to you from above, yet to be genuinely surprised and forever grateful, when they are. Expecting all good things to be yours, while not knowing how to take anything for granted. If there may be a key in life, this is the key."

Henri Matisse: "I didn't expect to recover from my second operation but since I did, I consider that I'm living on

borrowed time. Every day that dawns is a gift to me and I take it in that way. I accept it gratefully without looking beyond it. I completely forget my physical suffering and all the unpleasantness of my present condition and I think only of the joy of seeing the sun rise once more and of being able to work a little bit, even under difficult conditions."



**EDWARD
CALLIRGOS**
IN THE FAMILY

The act of thanks giving cultivates the gift of giving and in turn that gift we give turns into the thanks giving of another; and around it goes until we again become thankful of that gift given to us which may have begun this cycle of gratefulness and then giving to others.

Happy Thanksgiving.

Reach Edward Callirgos, a marriage and family therapist and communications instructor at Mesa Community College at ecallirg@gmail.com.