

Families on Fire



Reflection: November: Gratitude

Being grateful for anything and everything can go a very long way. We hear the importance of learning how to be grateful in all areas from Psychology to Spirituality. This is because being thankful or appreciative is so healthy for humanity that it requires exercise. It is easy to slip into the habit of saying the words, thank you, and have it become just a repetitive gesture, which is a good start. But we must also feel the thank you to where it transforms us and changes the way we think and see the world around us. This month is a wonderful opportunity to tap into the irreplaceable joy the practice of gratitude as a family can yield!

1. November 1st, All Saints Day, and November 2nd, All Souls Day, are really good celebrations to show gratitude for the people who have gone before us. Attend Mass for the Feast of All Saints and share why the Saints of the Church are something to be thankful for. For All Souls Day, take time to pray for and reflect on deceased relatives and friends during dinner or after. Certain prayers for the Saints and the deceased can be found online with an easy internet search.
2. November 13th is the Feast of St. Frances Xavier Cabrini. She lived her life being grateful for God that she helped immigrants here in the U.S. and founded a Religious Community. Prepare a dinner that is from another country and learn about the culture. A bonus, St. Frances' Relics are inside the Altar at Holy Apostles. Plan a visit to the church during the day and pray for her intercession!
3. Thanksgiving Day falls on November 22nd this year. Start a family gratitude journal or jar. Take turns writing down items, big and small, each member appreciates. Use the journal or jar throughout the month and discuss during dinner time. Or have it carried on throughout the year as a family tradition.
4. The Solemnity of Christ the King lands on November 25th. We can show gratitude towards our Heavenly King by focusing on His mysteries and work for us while he was on earth. We can choose a decade of the Rosary to reflect on over dinner and give a prayer of thanksgiving as a family. Cake!! Yes, this grand day calls for cake, no explaining there!

“Gratitude is the first sign of a thinking, rational creature”

Blessed Solanus Casey