



*Saying thank you is more than good manners. It is good spirituality.*  
-Alfred Painter

*Gratitude is not only the greatest of virtues, but the parent of all others.*  
-Cicero

*If the only prayer you said in your whole life was "thank you," that would suffice.*  
-Meister Eckhart

*Don't pray when it rains if you don't pray when the sun shines.*  
-Leroy (Satchel) Paige

November is a strange time. It's the time of year when things quickly change and become colder. Fall makes its exit for winter to step onto the scene and remind us that we are in Chicago and not Florida. The rain becomes snow; the clocks get pushed back, and plants and life that thrived in summer start to wither and die. It seems ironic then that November is also the month in which we celebrate Thanksgiving. What a strange holiday this is. Rooted in the tradition that pilgrims and Native Americans got together for mutual support to celebrate the blessings of a great harvest. Truly, thanksgiving is as American as they come. It's the way we think and feel about life; despite all that is going on around us and how bleak things may look, we are thankful. Americans have long been known for their ability to take a hopeless situation and turn it into something great. Thanksgiving is no different. We have found a way to take a month of transition, a month full of cold weather and dead leaves and turn that month into a time in which we reflect on all that we have with our families.

One thing that comes with thankfulness is hope. As Americans, we pride ourselves on the freedom of social mobility, equality, and the pursuit of happiness. Thanksgiving represents more than football, family and food; it represents a time of renewed hope and celebration. Think about this: Thanksgiving falls on the Thursday before the start of the Advent season. Advent, in Christian tradition, is the four weeks leading up to Christmas in which Christians celebrate that hope to come in the form of Jesus Christ's birth. Hope and thankfulness go hand-in-hand, and sometimes we just have to search for them a little bit.

So, what are you dealing with? What in your life is like the weather or this season of change? What is happening that makes you feel cold, or feel hopeless? Now what do you have to be thankful for? We all have something we can hold on to, even if it's something small. Thankfulness is the spark that brings about the fire of hope. What is your spark?

Any questions, concerns, comments? Please contact the DG Counseling, Inc. newsletter editor Matt Rome at the following e-mail address:  
[Thomas84.matthew7@gmail.com](mailto:Thomas84.matthew7@gmail.com)