## Thanks for life's gifts is mark of health

n this month we as a country celebrate a national holiday with decidedly religious overtones. We have developed a tradition, perhaps patterned after the native Americans and early Pilgrim settlers, of bringing together persons of different other, cultural and faith backgrounds to celebrate what all profess to be a shared religious attitude, of Thanksgiving.
While the tradition for us as citizens of the United States began around an historical event, it was an event which turned a tragedy into new life in a sense. Through the discovery of now friends, the original Americans received gifts from these friends which helped them establish their colony.
What the Pilgrims have given us in a larger sense is an awareness and an experience of how gratitude, in Thanksgiving for Gods gifts of lies, forms the basis of relationships, community, and is a mark of health. One write makes the point of health. One write makes the point of health. One write makes the point of the present of the component of the control of the component of the control of the component of the control of the

one more chance to correct patterns of relationship which are insincere or destructive may begin genuinely and then the dastructive behaviors return. Perhaps this may be because the one who receives gratitude for a second chance forms a kind of dependency on the giver of the gratitude. If one does not feat worthy of gratitude that one will find woys to sabotage the gift. There is also a kind of false gratitude that can be manipulative. It can divert responsibility for one's own behavior in the form of thanks for a favor, for balling me out. Sadly these forms of unrequited gratitude miss not only an opportunity to see the gift given but also may begin to weigh down one's health. A study not too long ago revenled that building up or cultivating gratitude could reduce which is taught by suyings one writer put it, for any gratitude with a tangent of the control of the

An attitude of Thanksgiving may, in the final analysis, have to be learned and practiced. While it starts often in a genuine fashion, there are many demons

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that will tear away at it. Another pastoral psychotherapist offers these suggestions about developing an approach to life that is full of gratitude. Keep a journal of what you are grateful for. Say thank you to those you love. In your prayer and mediation offer prayers of thankfulties. Howe proves of the provided the property of the provided that the provided has been applied to the provided that the provided has been applied to the provided that the provided has been applied to the provide

Happily the believer knows that God does not look at life in the way of waiting for people to say thanks. That can also be the magic, or the gift of grace in relationships where efforts to live out gratitude become long term. Thanksgiving is about life; your spiritual and emotional health depends on it.

Paul Melrose is clinical director of Samaritan Counseling Center of Southeast Michigan.



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## Breakfast proceeds aid homeless

Our Lady of Sorrows is planning a Pancake Blitz for Homeless Awareness Week.
Boy Scout Troop 110 will serve breakfast Sunday, Nov. 18, from 8:45 n.m. to 1 p.m. in the church hall, 23815 Power, Proceeds will benefit the South Oakland Shelter.

"The average age of a homeless person in this country is 9 years old," said Ann Raftery, a Sorrows parishioner and board member of the South Oakland Shelter.

Cost is \$12 per family, \$5 for individuals, and \$3 for senior citizens and childen 10 and under.



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