

A Note from Sr. Glenna



Take a Moment Today to Give Thanks

I recently had the great fortune of travelling in Europe, through 5 separate countries, experiencing 4 different languages. Now although most of the people I encountered spoke some English – I made it my mission to learn at least one phrase in every language...and that was “Thank you.” There are few phrases in the world that are as universal in its feeling and depth of meaning.

As much as possible, I tried to make an expression of gratitude to another person for giving service, a gift, helpful information. Saying thank you to these people in their own language often brought a smile to their face, because they recognized that I was attempting to make a connection with them. I didn’t see them as just a person there to serve me – I saw them as a person. In a simple expression of gratitude we saw one another as companions in the home we call Earth.

As we enter into the season of Thanksgiving, I encourage you to seek ways to connect with another, and see them as a person. Give a smile or a word of encouragement to the cashier at the grocery store or bank. Say thank you, and mean it, to the server at a restaurant or coffee shop. Stop by the office of your colleague and tell them how much you enjoy working with them and how grateful you are that they share their gifts and talents with the organization.

Finally, as you sit down to your Thanksgiving feast, say thank you to the Source of all Goodness, all Blessing and all Life. Never forget that no matter what hardships we face, we are blessed beyond measure and God is ever at our side.

Peace and all good,
Sr. Glenna