

Freedom's Feast **THANKSGIVING**

Ceremonies to get the most out of your THANKSGIVING celebration.

Parent and Grandparent Thanksgiving Prayer Exercise

You may enjoy the challenge of writing a Thanksgiving prayer to share with your family on Thanksgiving. The idea of writing a prayer can be scary. Most of us don't think about ourselves as prayer writers. Yet every time we make a wish we are saying a prayer. A prayer can be a request, an expression of gratitude or a blessing. To write one, we just have to think about the occasion and what's in our hearts that we want to express. Sometimes our prayers are private and sometimes we choose to share them with others.

To get you started we have a few questions and a sample Freedom's Feast prayer that may inspire you.

Questions:

When you imagine the people sitting around your Thanksgiving table, what are you grateful for that allows them to be there?

When you think about your life as an American what are the three things that you most cherish?

When you think about the past year, what were the worst and best things that happened to your family? What do you hope for in the coming year because of those things?

What makes this day different from all other days for you and your family?

A Freedom's Feast Thanksgiving Prayer

For the smiles around this table

And the food we are about to eat.

For all the lessons we have learned:

The questions asked

And still unanswered.

For the freedom to wander

In our minds

And wherever our feet may carry us.

For the opportunity to pursue our passions

And the chance to be changed by them.

For the gift of a government that belongs to us

And the blessing of a land whose endless bounty depends upon our care.

For the chance to offer our gratitude in our own way, in our own faith,

In our own time.

Together we say

Thank You.

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