

How Feeling Thankful Builds Stronger Family Connections

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Rabbi Marcia Prager, *The Path of Blessing:*

One who delights in this world without the blessing of thanks is like a robber, because the blessing is what causes the *shefa*, the abundant flow of God's love and goodness to pour into our world.

Like a hand on the faucet, each blessing of gratitude turns on the tap.

Each thought of thankfulness cycles more Divine abundance into your world. Thus your life is enriched.

The cycles of individual or community life, the seasons, etc. need to be nourished by our appreciation... By the blessing of gratitude, we release the sparks in the food back into the life-sustaining flow of holiness.

The blessing completes our energy exchange with God. We become partners with the Divine in a sacred cycle of giving and receiving in which we are not only 'on the take.' By gratitude we raise the trapped sparks--so we become givers and the nurturing flow is sustained.

Parker Palmer:

Abundance does not happen automatically. It is created when we have the sense to choose community, to come together to celebrate and share our common store...

Authentic abundance does not lie in secured stockpiles of food or cash or influence or affection but in belonging to a community where we can give those goods to others who need them—and receive them from others when we are in need....

Abundance comes as I break free of scarcity thinking and remind myself again and again that 'What we need is here.'

Writing your own *Modeh/Modah Ani*

In this present moment, can you articulate what you are grateful for regarding...

- Your own physical body and abilities ?
- A part of your regular daily routine ?
- An aspect of your relationship with one of your children ?
- An aspect of your relationship with one of your grandchildren?
- A difficult situation or sticky element of one of your relationships, which has taught you something important about yourself?
- A dimension of your community?
- A part of the natural world?