

Thankful for Thanksgiving!

Every October I have the same conversation with my younger sister who absolutely loves the fall! She takes delight in reflecting on the many reasons I should love the season as much as she does. The crisp mornings, the blankets of mist hugging the fields, the cooler days, the colourful foliage, the warm afternoon walks among the fallen leaves and the early evenings with remnants of freshly lit fireplaces. She embraces the beauty of the season, however bidding farewell to the glory of summer and the enjoyment it provides is more than challenging for me and perhaps you as well.

Despite my sister's failed efforts to have me fall in love with autumn, I do appreciate that with fall comes Thanksgiving, and I always find myself looking forward to the Thanksgiving holiday. As with many families, it gives our family the opportunity to get together before the long months of winter when winter roads become too challenging to travel. As well, the cooler weather of autumn encourages family gatherings to take place in the 'heart of the home' rather than a beach or ski hill so the cozy atmosphere provides an environment for families to reconnect and spend quality time together.

As with many holidays, Thanksgiving can be steeped with traditions that have been passed down from generations. One of our family traditions is that we share what we are most thankful for during Thanksgiving dinner. I am grateful for this tradition because it has been a subtle lesson for our children and now their children to recognize the importance of having a grateful heart. It is sheer delight to observe the younger family members give serious thought to the question and even greater joy to listen to their answers.

Whether it is good health, quality of life, good friends, great experiences, people who have made a difference in our lives or loved ones who have left us, we all have something to be thankful for.

As you gather this holiday season with friends or family please know that you are appreciated. It is my pleasure to work with you and I look forward to a continued relationship based on enjoyment, respect and trust. Thank you for letting me be part of your life as well as being part of mine.

Wishing you and your family a very happy Thanksgiving!

