



My Dear Parishioners,

Greetings! This last full week before Thanksgiving Day offers a wonderful opportunity to cultivate thanksgiving; and thanksgiving does need to be cultivated. It's not a switch that is turned on and off; nor is it a mere feeling we wake up with on Thanksgiving Day. Thanksgiving is a Way of Life. So what ingredients are needed to cultivate gratitude. Let me suggest three:

1. **TIME:** Like a plant and anything else that is cultivated, gratitude takes time. This is why I'm reflecting on Thanksgiving this week and not next! Next week, there will be less time. But right now, we have time and these next days can be used well in such a way as to cultivate gratitude. (BTW: This year, we will experience less time in Advent! The 4<sup>th</sup> Week of Advent is just 24 Hours!) Thus, the important and precious Gift of Time!
2. **REFLECTION ON TIME:** Time is more than the ticks on the clock; it's a gift. Reflect on the GIFT of time that you have been given. In noting the GIFT of time which you have received, you can find the Providence of God. All that He has provided you. Reflect on the Time as a Gift of Time. (A great way help to this may be to read Job Chapter 38 and 39)
3. **RESPONSE TO WHAT YOU SEE:** Reflection allows us to see; and seeing provides an opportunity for us to respond. That response can take many forms. But for gratitude to be cultivated, the response that is best is SPECIFIC, SENSORY and SINCERE. So I'm not just responding with "Thanks", I'm responding with Thanks for this **specific** thing. I'm not just grateful in my heart/ feelings, but I give expression to my gratitude in a physical/sensory way. (Saying thank you/ Writing a card) Finally, I'm not just expressing thanks, I'm sincere in what I'm expressing. I mean what I say/do.

You may have heard it said that "it's not happy people who are thankful, but rather its thankful people who are happy." I believe that to be very true and even science is pointing to that truth. Test it out! Take time to be Thankful and See what happens!

Peace.

Fr. Rogers

JOIN KENNETT AREA CHURCHES FOR A

## COMMUNITY THANKSGIVING SERVICE

**SUNDAY, NOV. 19 AT 7 P.M.**

**IN PERSON AT UNIONVILLE PRESBYTERIAN  
CHURCH, 815 WOLLASTON ROAD**

**LIVE-STREAMING AT YOUTUBE.COM/  
UNIONVILLEPRESBYTERIANCHUR9306**

The Institute for Christian Formation (ICF) at the School of Theological Studies at St. Charles Borromeo Seminary seeks to provide participants with an opportunity to enhance their understanding of Catholic doctrine as found in the "Catechism of the Catholic Church" and is an invitation to ongoing conversion of heart in the company of brothers and sisters sharing a desire to grow in faith. ICF has in-person sessions on eight Thursday evenings each Spring and Fall. A certificate will be awarded upon completion of all four sessions of the program. A new group will begin in January 2024. The cost is \$260.00 per session. For details and to register please visit: <https://www.scs.edu/school-of-theological-studies/institute-for-christian-formation/>

**ATTENTION  
PLEASE!**

PLEASE NOTE: DUE TO CONCRETE WORK SCHEDULED OUT FRONT OF CHURCH, THERE WILL BE NO ADORATION OF THE BLESSED SACRAMENT ON MONDAY, NOVEMBER 13 OR MONDAY, NOVEMBER 20. THANK YOU FOR YOUR PATIENCE AND COOPERATION DURING THIS TIME.

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**ATTENTION WOMEN OF FAITH AGES 21-35  
APPLICATIONS FOR THE GIVEN INSTITUTE'S 2024 PROGRAM ARE NOW  
OPEN!**

If you are a woman between the ages of 21-35 and are seeking leadership training, faith formation, community and support to better understand and pursue your particular mission and vocation, the program is designed just for you! You'll grow in relationship with Christ and understanding of your gifts as you implement a unique Action Plan that helps you follow God's call. **Application deadline is January 15.** For more information and to apply, [www.giveninstitute.com/forum/](http://www.giveninstitute.com/forum/)

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