

Greetings Merging Waters,

October 7th, 2021

As we approach Thanksgiving Sunday I lift up my gratitude for each and every one of you. This is a great week to focus on the people and things we love, those things that bring us joy. As we reflect on those things and people who brighten our lives we can ask ourselves a few questions:

- Focus your attention on someone you love. Sit in the feeling that this elicits.
- How long can you hold onto that moment of deep feeling?
- What would you be willing to offer to help them in a time of need?
- How much of yourself do you need to keep for yourself to be healthy?
- If we can love another this much, be willing to do so much for one other, could we love any other this much? New connections? Strangers? Enemies?
- How do we share this same love with ourselves?

I look forward to this coming Sunday morning when our journey will continue as we will lift up gratitude and grace together as we celebrate the blessings we share. I wish a Happy Thanksgiving to you all and your families.

Peace and thanksgiving,

Rev. Ryan Fea

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