

Thanksgiving to the Natural World

2019

I am grateful for Lake Superior. Whether the waves be twenty feet high or dance lazily upon the shore, she brings a sense of calmness to those who look upon her.

I am grateful for the rain, on the roof, in the trees and on the ground, for raising the river's tempo, rushing faster over the rocks, licking the banks and gathering the ducks for food and conversation.

I am grateful for the ocean, for it is at sea level where I feel most in harmony with myself and the world around me.

I am grateful for the squirrels with twitching tails and chattering voices, who chase each other around the trees in playful circles, comfortable that they have all they need, reminding me of same.

I am grateful for the Wind---you sooth me. Moving dune grasses. And stirring my heart; Filling my lungs; Breathing in...breathing out.

I am grateful to the trees. For holding the soil, providing shelter and fueling fire, and keeping me grounded and rooted.

I am grateful for the stillness, cushion, and brightness of the snow-covered trails and woods of Lester Park that provide me with a contemplative place to run in the dark mornings and help balance and energize me.

I am grateful for snow. It brightens the dark days and lightens my spirit.

I am grateful to true cold winter air for the feeling in my nostrils when I take my first deep breath makes me feel alive and present.

I give thanks to the interrelationship between all life—the soil/substance of the ground, sun/ultimate energy source, trees/lungs of the earth, waters/planet's circulation—for together they provide the perfect system for all the creatures on the planet to respect and thrive.

For **these** we give thanks

The following invocation was created from dinner guest submissions. On occasion, to create a flow and sense of consistency, words may have been slightly altered, added, or omitted. The raw data can be used to create multiple different iterations. This is but one version.