

# SATYA - TRUTHFUL IN THOUGHT, SPEECH & ACTION

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At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.



**Albert Schweitzer**

Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude.

**Zig Ziglar**



***Give thanks with a  
grateful heart!  
Happy Thanksgiving***

**And So We Give Thanks**

**By Ruth Ann Angus**

Hard to believe that it is November already. This year of no year is wearing on all of us. It begs the question, what do we have to be thankful for?

We have survived the tumultuous election and some of us accept the outcome, but some do not. First time in my lifetime that I'm seeing a president refuse to hand over the reins of power. For those who study mental aberrations I guess it must be interesting to watch a man who is so completely self-centered that he can't imagine losing an election. Bet he's never been turned down in his life. Amazing!

Many people apparently can't face up to facts. Like the neighbors that live around the corner from me who are holding an outdoor concert today. They do it once a month. Lots of people attend. I know they think they are offering a pleasant afternoon of music, but they seem to have forgotten that gatherings like this add to the problem of spreading this thing we are suffering with – yes, a pandemic. It's being said that even going to a restaurant and eating outdoors is not safe. This virus is more than lethal than anything we have ever seen. Still these folks don't seem capable of understanding that.

I am in quarantine myself right now. Not because I deliberately attended a gathering or put myself in a position where I might get infected. I'm the victim of possible secondary exposure. Someone I work with inadvertently was exposed. I only do this work once a week and I sit across the room from the other person. Masks are difficult because we work on computers and I wear glasses and they fog up. But as I found out you can never tell where this thing might come from. Is there truly a way to be safe?

Facing up to facts is hard. It's so miserable to have our lives torn apart. We are creatures of habit and we don't like having to change our ways. I think this is part of the problem in trying to become a nonviolent person. We must change – everything!

So, I am looking to come up with what we have to be thankful for this Thanksgiving Day. Many will not be gathering with family as usual, although from reports on the news it appears that many will risk it and travel and gather with

numbers higher than recommended. There is no getting around the fact that the pandemic has been the primary event in our lives this year and prospects of this continuing much longer are depressing. I have to strain my brain to bring up any thankfulness!

But here goes – I am thankful that so far the election has gone well without violence and pray it stays that way. I am thankful we have an opportunity to reach out to those who lost and feel frustrated to listen to them and to attempt to understand what brought them to favor a person so amoral for the highest position in the land. I am thankful for pandemic unemployment funds because without those I would be homeless by now. I am truly thankful for all of the folks who pitched in and cared for me during my heart procedures and who have since continued to bring me groceries and check up on me to see how I am doing. I am thankful for my health doing well. I am thankful for the opportunity to help those less fortunate than me in whatever small way I can. I am thankful for being involved with a brand-new organization that will strive to help people live a life of nonviolence. I am thankful for my Peacebuilder friends locally and from across the country.

My hope in this thankful season as we approach the end of the Year of the Pandemic is that we will carry the torch of hope and faith and nonviolence forward and keep working for a peaceful world. Happy Thanksgiving to everyone!

