

MOM TO MOM GROUP

The Month of Thanksgiving



As the colder weather sets in during November and we prepare ourselves

for the winter season we may sometimes ask ourselves: how do I preserve the life of the heart through periods of trial which I must encounter from time to time? How can I maintain my spirit to see difficulties through?

Gratitude is an enlivening force bringing us warmth and peace, as well as the motivation to be active in return, to place our own small seed in life.

Not everyone finds it easy to receive and be grateful.

In giving thanks each year for the gift of the worlds harvest, in giving thanks each day for the bread on our table, we can keep in touch with the experience of gratitude, the living seed of the future.

UPCOMING HOLIDAYS:

- ◆ Veterans Day (11 Nov)
- ◆ Feast Day of Saint Martin (11 Nov)
- ◆ Last Sunday of Pentecost (24 Nov)
- ◆ Thanksgiving (28 Nov)

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November Holidays

November the 11th is *Veterans Day*, when we remember our heroes who have made many sacrifices for us, some of them the ultimate sacrifice with their lives.

Coincidentally, it is also the *Feast day of St. Martin* (Martin of Tours) who started out as a Roman soldier and later was baptized and became a monk.

The most famous legend of his life is that he once cut his cloak in half to share with a beggar during a snowstorm, to save the beggar from dying of the cold. That night he dreamed that Christ was wearing the half-cloak Martin had given away. Martin heard Jesus say to the angels: "Here is Martin, the Roman soldier who is not baptized; he has clothed me."

In some countries lantern walks are being held in honor of St. Martin on this day, where groups of people walk with lit lanterns through the towns.

The most celebrated festivity of November is *Thanksgiving* on November the 28th, where we set our tables with good food surrounded by family and give thanks.

Making a Thanksgiving Tree

Supplies needed:

- ◆ A vase
- ◆ Bare branches
- ◆ A hole punch
- ◆ Colored paper or card stock
- ◆ String or ribbon
- ◆ Paints (optional)



Image by "A Holy Experience"

For the month of November we can create a thanksgiving tree, where we can

bring in a few bare branches and place them in a vase.

Now cut 28 small leaves out of paper, these can be colored paper, yellows and reds, to look more like fall leaves.

After the paper leaves have been cut we use a small hole punch to punch a hole in each leaf stem and string some ribbon through them. We place those leaves on the branches and each day until Thanksgiving we can write on each leaf one

thing we are grateful for. Afterward those leaves can be placed in a basket next to the vase or around the base of the vase to make it look more like fall leaves dropping from the branches.

Small children can also paint the leaves in different colors while the older ones could add some verses or passages from the scriptures onto each leaf, the graces could be written on the back of the leaf.

O Lord, Support Us All the Day Long

This prayer may be said throughout the month of November.

O Lord, support us all the day long,
until the shadows lengthen,
and the evening comes,
and the busy world is hushed,
and the fever of life is over,
and our work is done.

Then in your mercy,
grant us a safe lodging,
and a holy rest,
and the peace at the last.

- Cardinal John Henry Newman

For more information contact the Cathedral Office or Maggie Kaska at 603.203.8300

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Next Months Topic

Our topic for the month of December will be:
Fostering Catholic Festival Traditions in Family Life

Please Note

Our Book Club will be meeting on November 19th at 7pm in the rectory.

Our first book discussion will be "Embracing Motherhood" by Donna-Marie Cooper O'Boyle.