

THANKSGIVING

What Everyone Ought to Know about Being Grateful

First of all, it doesn't come naturally,
especially if you grew up with anger or despair,
if the people who fed you and put you to bed
liked to lay blame and predict evil times.

Rather, being grateful is a growing, daily thing
learned first of all, on the good days
when people you most
admired said out loud
how wonderful it is to grow a tomato or read a great book
or adopt a cat or celebrate Grandma's eighty-ninth birthday.

The second thing to know is that being grateful
does not require a lucky or privileged life
in which you get everything you want
and never have to wait inefficiently or simmer in frustration.

Rather, it asks for a soul broken open and willing to receive
the haphazard day, the hand extended in consolation,
the breath of cool air across one heated, hopeful moment,
the word of courage, the cup of water, the plan of action,
the song we sing, oh so stubbornly, of kingdom come.

Copyright © Vinita Hampton Wright, 2012
www.deepeningfriendship.com

