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From the Clergy Associate for Family Ministries

September Message from the Clergy Associate for Family Ministries

Getting back to basics. Our Book of Common Prayer is such a blessed resource for daily living if we put it to good use. (The entire book is online for those of you inclined for web-surfing. You will find it at www.bcponline.org.) It is my intention to make myself available for exploring the basics of our faith at different points throughout the year, and I look forward to the opportunity to visit with you as we do.

Summer is a great time for reflecting. Much of my reflecting this summer has been informed by the desire to instill our children with grateful hearts, and acknowledging that the best way to do so is by example. As I tuck my sleeping children into bed each night, I whisper into their ears that I am grateful to get to be their mommy. Parenthood, with all its challenges, truly is a gift. And yet, I want to do more than just say it to them while they sleep. I want them to know it from the way we live together.

Gratitude is one of the most important principles to incorporate into our daily lives. Nourished with humility and yearning for closeness with God, a grateful heart can resist the inclination to judge or to complain overmuch. I particularly like the following thanksgiving prayer for that reason. It helps the one who prays it to focus on an abundance of blessings, and provides a path for navigating and appreciating life's inevitable challenges.

1. A General Thanksgiving (BCP page 836)

Accept, O Lord, our thanks and praise for all that you have done for us. We thank you for the splendor of the whole creation, for the beauty of this world, for the wonder of life, and for the mystery of love.

We thank you for the blessing of family and friends, and for the loving care which surrounds us on every side.

We thank you for setting us at tasks which demand our best efforts, and for leading us to accomplishments which satisfy and delight us.

We thank you also for those disappointments and failures that lead us to acknowledge our dependence on you alone.

Above all, we thank you for your Son Jesus Christ; for the truth of his Word and the example of his life; for his steadfast obedience, by which he overcame temptation; for his dying, through which he overcame death; and for his rising to life again, in which we are raised to the life of your kingdom.

Grant us the gift of your Spirit, that we may know him and make him known; and through him, at all times and in all places, may give thanks to you in all things.
Amen.

For the fruits of all creation, thanks be to God...

For our parish family, thanks be to God...

For the children for whom we have been bestowed with the privilege of caring, thanks be to God...

God bless you all as you conclude your summer vacation. I look forward to seeing you in September, if not before.

The Rev. Cathy Quinn
Clergy Associate for Family Ministries