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## How to Become a Woman of Thanksgiving By Patrice Fagnant-MacArthur

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It can be a challenge to be thankful. After all, it often seems so much easier to complain. The bills are piling up, the boss wanted the project done yesterday and it is barely begun, the children want to be brought someplace and don't want to eat what is on the table for dinner, and the laundry isn't going to do itself! Any number of life's little annoyances can push us into complaining mode. Lamentation is a valid prayer. We are right to bring our cares and concerns to God, to offer up our stress. But thanksgiving is an important part of prayer also. We are often eager to petition God for our needs, but less likely to say "Thank you" when a prayer has been answered.

So, how then, do we become a woman of thanksgiving? Begin by looking around. Thank God for another day of life, the nature that surrounds us. Do you have a roof over your head, food on the table? Thank God for those. Are your children screaming through the house? Stop and thank God that they are healthy enough to run and play, and yes, even fight with each other! Any time when you feel a complaint bubbling to the surface, take a moment to breathe and survey the situation. Is there any silver lining hiding below the surface that could possibly be a reason for thanks? If so, thank God for that. When petitioning God for a need, always add a prayer of thanksgiving for the answer, whether it is the answer desired or not. Like any habit, with practice, becoming a woman of thanksgiving should become easier.

Patrice Fagnant-MacArthur is editor of "The Spiritual Woman Newsletter" providing information and inspiration for women who seek to deepen their relationship with God - <http://www.spiritualwoman.net> and author of "Letters to Mary from a Young Mother" (iUniverse, 2004)

## Thanksgiving Holiday History

By Mrs. Party Gail Leino

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America celebrates Thanksgiving every year by festive family gatherings, traditional holiday meals and offering thanks for all good fortunes. The [Thanksgiving holiday](#) has a history that dates back to early American settlers. These settlers were known as the Pilgrims and they were the first to have a [Thanksgiving Day party](#).

The Pilgrims came to America to escape religious persecution in England. They were granted free passage on the Mayflower on September 6th, 1620 as long as they would work in exchange for the next seven years. Unfortunately, the winter was so harsh that over half of the pilgrims didn't make it to the spring. Less than fifty Pilgrims survived the brutal winter out of 110, but poor health improved with the good spring to come.

The local native Americans taught the pilgrims about growing crops such as corn and what plants could be used for medicinal purposes. With The Native Americans help the Pilgrims had a good harvest in October. The Pilgrims invited local Native Americans and settlers to all feast in thanks for there bountiful harvest. They celebrated and feasted for three days and this became known as the first Thanksgiving in America.

President Lincoln would later declare Thanksgiving a National Holiday to be celebrated every fourth Thursday in November in 1863. We as Americans can all take pride and give thanks by enjoying this rich American tradition of a [Thanksgiving party](#) with all our family and friends.

Mrs. Party... Gail Leino is the internet's leading authority on giving the best possible [party](#), using proper etiquette and manners while also teaching organizational skills and fun facts.

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