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## 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.

## Thankfulness In Times Of Trouble

By Rose DesRochers

Thanksgiving is a time for food celebration and fun. Every year on Thanksgiving, families gather around the table to enjoy a meal and give thanks. But for some folks, Thanksgiving can be a lonely time. Many adults spend the holidays feeling isolated and depressed. In the wake of Katrina's aftermath, this will be the first holiday for many without relatives and friends. In addition many families may be experiencing financial strains.

Today as we celebrate this Thanksgiving, it is important to remember that it's about more than being thankful for one day, it is an entire lifetime. Today is the day to be thankful for all the things in your life, no matter how big they are, or how small. Even in our deepest sorrow, we can find things to be thankful for.

Holidays bring out emotional pain. This time of year can be difficult for any one who has suffered a loss. Should you be missing loved ones this holiday, rejoice in the knowledge that they are with God. Don't push yourself today; allow yourself that time to grieve.

For those who may be feeling depressed this Thanksgiving holiday, open your heart to giving. Helping other people in need is a wonderful way to celebrate the day and may make you feel less alone. Check out communities in your area that may need volunteers during the holidays- example soup kitchens, shelters, hospitals or reach out to your local church.

Life is full of unexpected changes. Death is very much apart of life. Whatever you do today, don't cover up your feelings of depression and isolation. Own up to those feelings and know that you're not alone. Somewhere today, someone is feeling the same way that you are.

Today on this Thanksgiving Day please remember, though the harvest might not always be plentiful, family and friends may be few, God has given us each a great deal to be thankful for. My experience is that, it is much easier to thank God for our blessing than to find a way to be thankful in the midst of our troubles.

I'm thankful that I have the strength to meet the challenges that come with life. I'm thankful for each memory that family and friends have given me. I'm thankful for having a profound understanding that it is more important to give than to receive. This Thanksgiving I have much to be thankful for.

Not what we say about our blessings, but how we use them, is the true measure of our thanksgiving.  
~W.T. Purkiser

Today be thankful for what you have to give, not just what you have received.

Happy Thanksgiving.

Rose DesRochers, Canada [admin@todays-woman.net](mailto:admin@todays-woman.net) <http://www.todays-woman.net> Rose is a published author and web columnist. She is also the founder of Today's Woman a supportive online

community for men and women over 18. Their goal is to help writers succeed in the writing industry by offering a useful selection of services including author interviews, regular columns, interactive forums, and a place to share your writing for critique by your peers.

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