



November 2017 - Thanksgiving

Recently we had the chance to reflect on what we are thankful for during our Interfaith Prayer Service. It was beautiful and moving and reminded me why I am so proud and thankful to be a part of this community. Taking time out of our busy lives to give thanks for all our blessings is a meaningful spiritual practice – one that can be done overtly or subtly.

The Campus Ministry office gets a lot of traffic during lunches. It is so fun to see the students' interactions together and the sense of belonging that they feel and also to get to be a part of their conversations. As I was preparing the Campus Ministry bulletin board for the month of November I decided to engage the students in the spiritual practice I mentioned above. They of course thought I was just having a conversation with them but really they were engaging in their own reflection on the things they are most thankful for.

The list that I compiled from our conversation supplies our bulletin board with one thing each day in November that we are thankful for. Thirty Days of Thanks is our version of a spiritual exercise. The list includes lighthearted things like comfortable beds, yummy food, summer break and caffeine. But it also includes wonderfully significant things like second chances, the opportunities they are given, family, friends and faith. You can see the entire list [here](#).

As we approach Thanksgiving and the holidays that follow, especially the season of Advent, I encourage you to participate in your own version of the spiritual exercise of thankfulness. Hopefully you will, like I did, add BSM to that list.

Peace,

Becca Meagher
Campus Minister