



## Legacy Tips & Tools for Thanksgiving 2006

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### Celebrating Thanksgiving Through the Lens of Legacy: Creating a New Ritual

Legacy activities address our needs to belong, to be known, to be remembered, to have our lives make a difference, and to know we're blessed and to bless others. What better moment than Thanksgiving (the holiday can be more than stuffing...our turkeys and ourselves) to involve yourself and those you share the holiday with in a legacy ritual of Thanksgiving. The aroma and taste of turkey, sweet yams, and pumpkin pie will be all the more memorable if the centerpiece of the holiday has meaning that outlasts the day.

Happy Thanksgiving 2006. May you be blessed with abundance and generosity in the coming year. [Rachael@WomensLegacies](mailto:Rachael@WomensLegacies)

Following are two simple legacy activities to engage everyone.

Prepare ribbons/colorful paper strips: two (2) for everyone. Have pens or markers available.

Before sitting down to Thanksgiving dinner, invite everyone\* to write three (3) things they're grateful for on this day, Thanksgiving 2006.

(\*Everyone includes all but infants and toddlers. By the age of four, gratitude can be nurtured. Children under the age of writing can be coached by an older child or an adult.) The strips can be signed or not as each individual chooses.

Repeat this process asking each person to write a Thanksgiving blessing for the family, tribe, country, or the world.

Collect the gratitudes &/or blessings in separate crystal bowls, hand-thrown pots, or paper bags.

Pass the bowl/pot/bag around the Thanksgiving table before the meal, asking each person to pick a gratitude (so they are not reading their own) to read aloud for all to hear. Repeat for blessings.

Collect the gratitudes and/or blessings and preserve them in a book. Include a list of everyone present (and their ages), the location of the celebration, the menu, even a special recipe, as well as pictures of the people and the table.

Copies of the book make memorable Christmas/Hanukah gifts, and can be saved and reread as you make this the first of what can become an annual Thanksgiving tradition. I would be grateful to hear from you after the holiday if you would like to share your experience.



Visit [www.womenslegacies.com](http://www.womenslegacies.com) in a new format in December.  
Consider a legacy writing retreat this coming February in Temecula, California

