The Harmony Project
Sayville Alumni Association

And Yet, I'm Thankful



Uncertainty about artificial intelligence. Concerned about the volatility that seems to be increasing in our world. Frustration with the condition of our government and the institutions upon which we've come to depend. There appears to be an awful lot on the world's plate right now.

And yet, I'm thankful. I'm hopeful. Most days, I'm content.

But mostly, I'm thankful.

Happiness is often dependent upon circumstances. Things go our way, our health cooperates, our plans unfold, and we're happy. ***Gratitude is something different.*** Gratitude doesn't require that everything be right with the world. It doesn't require that our circumstances be favorable. It doesn't even require that we're particularly happy. It asks something of us: that we recognize what remains good, even when other things aren't going particularly well.

Maybe gratitude isn't the result of having everything we want. ***Maybe it's the ability to appreciate what we have, even when life hasn't given us everything we hoped for.***



The people we love. The people who love us. The opportunity to be a husband, father, and grandfather. The simple privilege of another morning, another conversation, another walk, another opportunity to make someone's day a little better. And perhaps acknowledge that life has a way of changing our definition of abundance.

We sometimes spend years measuring our lives by the things we can accomplish, the places we can visit, the things we can acquire. Then circumstances change. ***Gratitude isn't simply something we feel. It's something we can practice:***

- **If we're thankful for our families, do they know it?**
- **If we're thankful for our friendships, do we nurture them?**
- **If we're thankful for our community, do we contribute to it?**
- **If we're thankful for the opportunities we've been given, do we use them generously?**

Maybe the most convincing expression of gratitude isn't what we say around the Thanksgiving table, but how we live the other 364 days of the year. The world will remain uncertain. Institutions will remain imperfect. Technology will continue to change our lives in ways we don't yet understand. There will be disappointments, losses, and unanswered questions.

And still, there will be reasons to give thanks. I don't know what tomorrow holds. I don't have answers to many of the questions that trouble me. I'm not particularly confident that the world will become less complicated anytime soon. But I do know this:

I have people to love, people to appreciate, a family to cherish, friendships to nurture, and another day in which to make some small contribution to the world around me. And perhaps that's enough.

Actually, it's quite a lot.

This Thanksgiving, I'm reminded that gratitude isn't necessarily found in having a life free of uncertainty. It's found in recognizing the goodness that remains, even in the midst of it..., for that, I'm thankful,

Stay Golden,

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