

## CURRENT TALMUD PASSAGE

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Posted November 25, 2010, by Rabbi Judy Abrams. Please refer to Maqom's home page for information about previous passages.

**BH**

## GIVING THANKS

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This web page will go up on the American Thanksgiving Day...a day traditionally celebrated by eating a turkey, watching football and total exhaustion on the part of the cook. The sages, it will be no surprise, were experts on giving thanks. They cultivated the "attitude of gratitude" for every single blessing they received:

**Rav Judah said in the name of Samuel, "To enjoy anything of this world without a benediction is like making use of things consecrated to heaven, since it says, 'The earth is the Lord's and the fullness thereof (Psalms 24:1).'"(B. Berachot 35a)**

Our local Meals-on-Wheels program uses this principle in its fundraising. It offers this list of things for which one might be grateful and, in turn, give tzedakah:

Love of my family

Health of my children/grandchildren

Good neighbors

Being able to do mitzvot

Being able to travel

Watching the sunrise/sunset

Holidays with the family

The love of pets

Accomplishing goals.

Even more simply, try and get to 100 "wow's a day. There is so much to be thankful for...appreciate what you have while you have it for, sooner than you may think, you won't have it. Brand the beauty of the world into your memory.

### **Discussion Question:**

1. Is there any one thing for which you're particularly grateful today? Please tell us what it is.  
(One thing for which I'm grateful is the miraculous ability to watch television, press a button and speed through the commercials. Wonderous!)