

Thanksgiving and Art of Aging

by Bob Taylor

Each November when the art of giving thanks is called to our attention many of us celebrate by feasting on turkey, stuffing, cranberries, pumpkin pie and all the other goodies served on this important holiday. This celebration keeps us young. Some families don't have enough to eat, and because that is so, other families feel guilty.

But there is no need for guilt feelings on Thanksgiving. Guilt feelings accelerate aging. Guilt feelings can cause wrinkles on the brain. The poor will always be with us, but most of us do what we can throughout the year to help them. Feeling guilty does not help them or ourselves.

Because the "Higher Power" has arranged for many important human necessities to be free and abundant, like sunshine and air, you and I are responsible only to help those who need food, shelter, clothing and education. When these needs are met, the other necessities such as harmony, peace, love, happiness, health, humor, patience, understanding, courtesy and kindness are free, abundant and a matter of choice. And yes, my perception is, that to a limited degree, we are our brother's keeper.

But it is very difficult to enjoy the "freebies" God offers on an empty stomach. Hunger and poverty can be driving forces toward unwise and immoral activities.

There is little harmony or peace to be found in being homeless or grinding poverty. In the Garden of Eden there was no lack, so there was no need for Eve to listen to the serpent and eat the forbidden fruit. And there is no lack in this great and good Universe except for a lack of distribution abilities, the milk of human kindness or educational opportunities.

So, let's do what we can to help our less fortunate brothers and sisters enjoy this marvelous holiday and celebrate a guilt-free Thanksgiving of our own. Moments like this insure that life is good.