

Thank You

Why Not?

Growing up in an Irish Catholic Franciscan I was taught the value of saying 'thank you' every time someone did something for you, even if it was mom putting a diner plate in front of me.

It stuck.

Part of my nature and DNA now, I thank everyone who helps me, be it the folks working service in grocery stores and gas stations, or the numerous doctors I get to visit and their assistants. I suppose some people go out of their way to help me because I am visibly handicap. I do not perceive myself this way. I consider it a gift for which to be thankful. This particular neurological disorder has taught me so much, patience being the biggest, but oh so many other things like how I look, feel and help others I run into who are worse off than me. St. Thérèse of Lisieux helps me a lot.

You know what stuns me? It might be somebody I help, but it's mostly the people behind the counters at the store. When I say, "Thanks for your help!" or "Thank you for helping me", they appear stunned that someone said, 'thank you'! And it always brings a surprised smile to their face.

When I wake up every morning, I start the day off by thanking our Creator in all His Magnificent Triune-ness. I thank Him for my kids, beloved and all my family and friends and their health.

I thank Him for my life and pray I follow His will during the day and not mine. I thank Him for all he has given me, the good to enjoy and the bad to learn from.

It fills me with wonder is when I thank Him for His Creation that surrounds us.

So, what is the big deal about saying thank you? It's gratitude folks. You are demonstrating gratitude for those you interact with and best of all it shows gratitude for Him.

When we show gratitude, we are following both of the most important rules...

- Love our Creator with all our mind, heart and soul
- Love each other, all created in His Image and Likeness, every single person.

Clement