

Be Thankful

by Susana Martinez

Happy Sabbath, boys and girls. It's my opportunity once again to bring you the story this Sabbath. The title of my book is called Mindful Day.

It's still dark when one small bird fluffs his feathers and lifts his voice to sing up to the sun. Snuggled deep in our dreams, we hear his clear song and we open our eyes to the gift of a new day, this day, our day.

Together we breathe in, out, soft, slow. I look and listen. I smile.

The world stirs, the car honks, the door slams, the bus rumbles by, a tiny dog trots yipping down the street.

Feed me, the kitten begs. Baby cries for his breakfast too. Little ones have a hard time waiting, don't they? Good morning, baby. Good morning, family. We play spoons and bowls, shake out our cereal, shake, shake, shake. Sprinkle berries on top. I pop one in my mouth and I close my eyes. I chew slowly. It tastes sweet as summer.

We take our time getting ready. Shirts, pants, socks, shoes. One, two, three, four. Can't find a shoe? That's okay. We can look together. Brush teeth and hair, pick up toys, make the bed. We pay attention to each simple task.

Together we breathe. In, out. Soft, slow. I look and listen. I play.

At first, the sun is out. We go out for a walk. We get fruit at the Saturday market, the hummingbird feeder at the store, an armful of library books. Find one for baby too. It's fun to make him laugh.

On our way home, the billowing clouds burst into a shower. Hard rain drums the leaves and patters our hands in our heads. Baby cries in surprise. Babies have a hard time being wet, don't they? It's all right, baby. We'll soon be home.

Together we breathe. In, out, soft, slow. I look and listen. I run.

Thunder crashes, rain spatters the window panes. How lucky we are to have a snuggled roof to be safe and loved.

After nap and play, it's time to cook dinner. Chopped veggies, make a salad, boil potatoes. Yum! Fried crunchy carrots, fresh crispy lettuce. Everyone can help, even baby. Well, sort of.

In the flickering can light, we hold hands before we begin. We are thankful for our meal, the work of many people, and sharing the food from the earth and sea.

Together we breathe in, out, soft, slow. I look and listen. I eat.

Bath time, book time, bedtime. Hush, baby. Good night, kitten. Our day is almost done. At just the right moment, the big silver moon peeks out from behind the cloud to light up the night.

Now we gaze at it and breathe together. In, out, soft, slow. One last hug before I sleep.

I hope this book reminds you, children, to take your time. Breathe and enjoy the moment. Sometimes we get caught up with all the things we have to do. But we need to remember to give thanks to God for all the things that we do have.

Let's bow our heads, boys and girls. Dear Heavenly Father, we would like to thank you once again for another day. Thank you for another Sabbath. Continue being with us, dear Lord. Allow us to take time to thank you for all the things that we have. Allow us to take time to slow down and see all the beautiful things you've left behind. We are thankful and grateful for all that we have. For we pray in Jesus' name. Amen.

Bye, boys and girls. Till next time.