

## Feeling Grateful

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This morning I sat on the love seat in our living room across from the opened French doors. I sat there sipping the hot java brew from freshly ground beans, enjoying the warmth and taste as it cascaded down my throat. As I looked outside I saw this great view in front of me. Our farm land which had recently been hayed now rolled smooth in green pasture like a freshly mowed lawn in summer time. A bright blue cloudless sky lay on top. I looked at the Sycamore tree, given to me by my husband a couple of years ago. Its leaves rustled in the breeze, still moist and glittery from the morning dew. Several of my cows grazed near the brown wooden fence that lines our back yard. They were close enough that I could hear their chomping as they moved through the thicket. The sun streamed in the house through the open doors warming me from the chilly autumn air. I had lit a cinnamon candle nearby. Coffee done, I picked up my marker, opened my journal and began writing. This was the first time in quite awhile that I had totally to myself and I enjoyed it. I am grateful for this moment.

I am also grateful for all the progress Mark is making. Since the beginning of this year, he has had a rough ride. First he was hospitalized for his seizures running out of control. Then it took quite awhile for us to find the right meds that work to control his seizures without causing him major side effects. And finally he's learning how to live for the first time ever without seizures every day. It has been a challenging time to say the least for all of us, but most importantly for Mark. To see him picking up where his life left off, doing the things that bring him joy, fills my heart with tremendous gratitude. Even though he's not totally there yet, each step he takes is a moment of celebration.

November is Thanksgiving; a time to reflect on the gifts we've been given, the things we love, the people we have in our lives. This year I have so much to be grateful for. I'm grateful for moments like this morning- when I get to enjoy the simple pleasures of life. I am grateful too for all the steps that we've taken together as a family and the ones we've taken separately to bring us to the place that we are today. Although this year has been one filled with many obstacles to overcome, there have been as many gifts along the way. Sometimes it just takes noticing to see them, like looking out my french doors at the beauty of a brand new day.

How about you? What are you feeling grateful for?

Kathy