

Alternatives to a Typical Thanksgiving Celebration

Consider picking 1 or 2 of these activities below to centre your Thanksgiving practice on this weekend. Invite your roommates, family, neighbours, friends, and/or life group into the experiment with you!

- **Instead of traditional Thanksgiving foods** like turkey, mashed potatoes and pumpkin pie, try a traditional Indigenous meal, to honour their survival, instead of the settler's conquest.
(Google "traditional Indigenous foods" for tons of recipes)
- **Instead of celebrating the conquering of Indigenous people and their culture**, educate yourself more deeply on the issue, and practice some form of land acknowledgement.
[Click here for "What is a Land Acknowledgment"](#) / [Click here for a guided practice](#)
[Click here](#) and [Click here](#) to learn about current local land disputes
- **Instead of being thankful for what you have**, consider de-accumulating and donating to others. Where do you have more than you *need*?
- **Instead of reveling in your abundance**, take time to consider those who have *nothing*. What steps can you start taking today to *decrease your standard of living*, in order to *upgrade someone else's quality of life*?
- **Instead of focusing on 'counting your blessings'**, ask what you can do to express gratitude to someone else.
- **Instead of arguing with family**, try *apologizing* for ways you've been less than loving.
- **Instead of watching sports on TV**, *play* a game with the people you're with – *enjoy* life, rather than simply being *entertained* by a fictitious portrayal of it.
- **Instead of posting that Insta-perfect Thanksgiving pic**, fast from social media for the weekend.
- **Instead of taking a tryptophan nap**, go for a hike and celebrate the land and the God who created it.

Alternative Questions to "What are you thankful for this year?"

Consider exploring some deeper questions beyond merely counting your own blessings this year:

- What can you do today/this week to bring joy/blessing to someone else?
- How has God provided for you in non-material ways?
- How can you share what you've been given, with others?
- What do you find it most difficult to be thankful for?
- How blessed are you according to the Beatitudes (Matthew 5:3-12)?
(Thank God for your poverty, mourning, persecution, opportunity to be a peacemaker, etc...)
- What is the cost (to others) of my abundance and privilege?
- Is material abundance really a sign of God's blessing, or might it be a symbol of how I've given in to unspiritual values and ideas?
- What is something "thankless" (anonymous?) that you can do, to improve someone else's life, only be seen by God?
- What's something you'd like to be thankful for next year?
(Write down the answers and let them influence your actions in the year ahead)