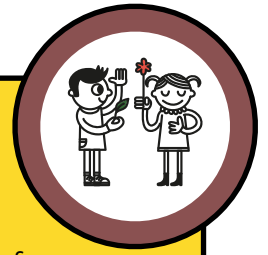


Choosing Light over Darkness: Thanksgiving Distinction Flags



In the past few weeks, it has become clearer than ever that sometimes we are forced to make choices, and that we are blessed to have the opportunity of freedom of choice. We are called upon to differentiate, to make distinctions between right and wrong; good and evil; friends and foes. We must learn to distinguish between what we choose to pursue and support and what we choose to avoid or protest against.

Noticing and recognizing our choices and intentions are crucial steps in enabling expressions of gratitude.

During this holiday of Thanksgiving, as we focus on giving thanks, we invite you to create your own Thanksgiving flags which reflect those choices, and enable us to choose light over darkness. This is an opportunity to articulate and recognize what you stand for and what makes you who you are, which will then enable you to give gratitude for those choices you pursue.

This activity can be done alone, but can also be completed in a family home setting, with roommates in your joint living space, or with co-workers or friends in other spaces. If you choose to do it as a group rather than individual activity, spend time discussing and seeing whether you can come to a consensus, creating group choices. See this as a pact of sorts which you are all agreeing upon!

Download the flags, print them, complete them (fill in the blanks: We choose to ___ not ___), and hang them in a communal space, or at your Thanksgiving celebrations, to remind you of your choices to bring light into the world!

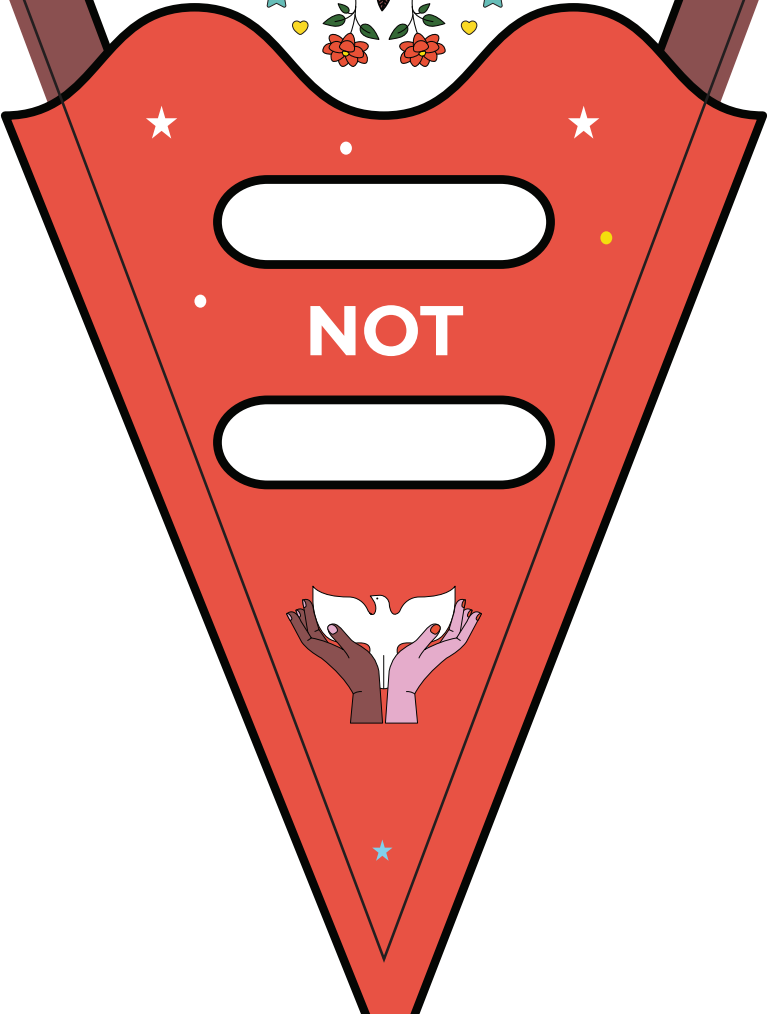
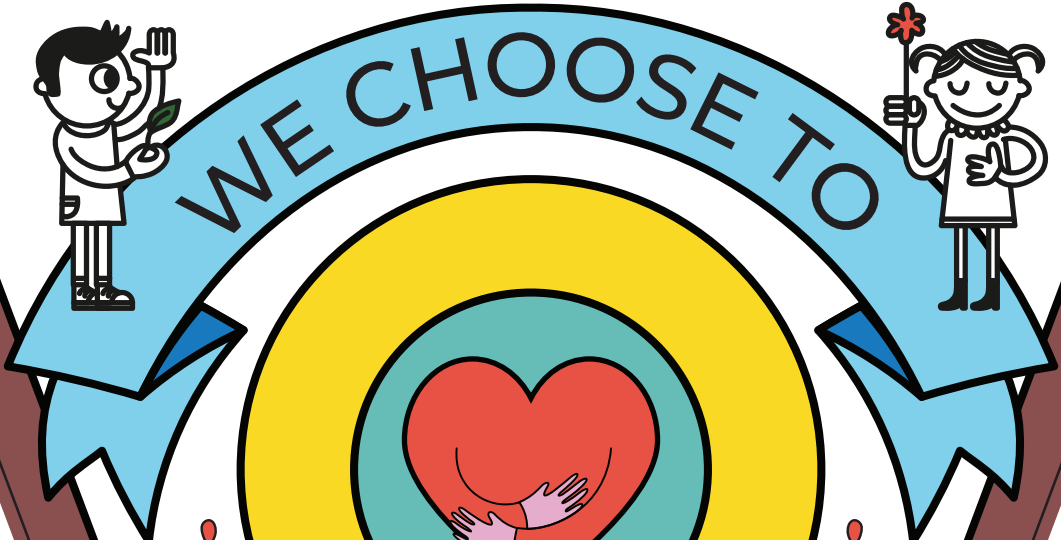


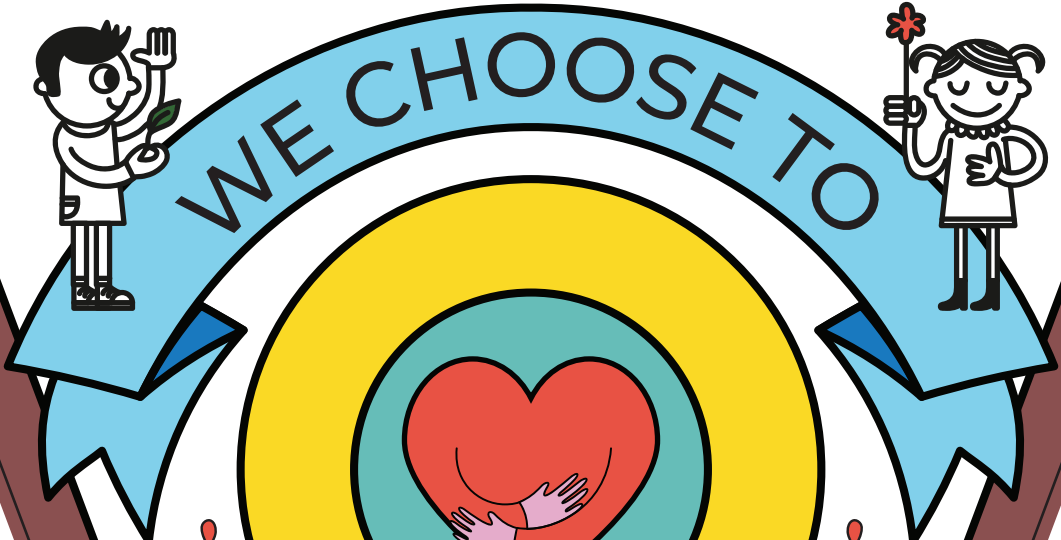
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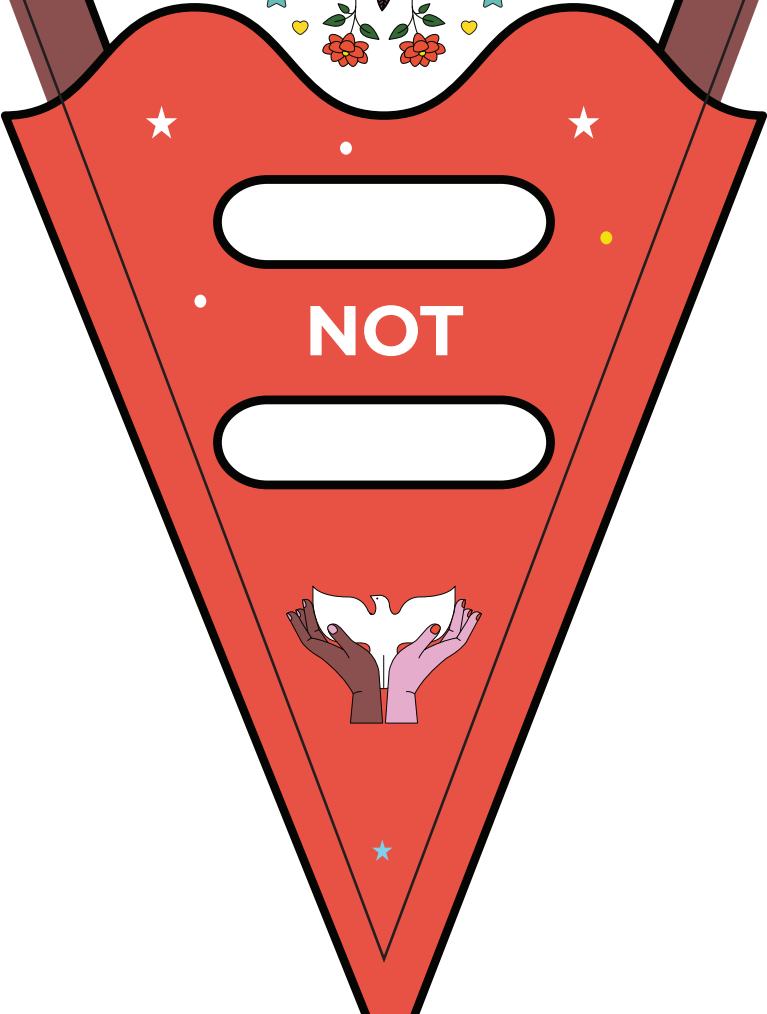




WE CHOOSE TO



treat others



NOT

