

Today's gospel is the story of the ten lepers who are healed of their leprosy and the one who returned to give thanks.

Imagine what it was like for the lepers of that day. They had a disease that they did not understand that was eating away at their flesh. They were kept isolated from family and friends – and all of society. They wore a bell around their necks that announced their coming. They had to say that they were unclean.

Imagine what life would be like for them now...Being healed was a return to family and friends to live life together with others. They could now share meals and exchange hugs. I can only imagine the joy each one felt. Yet, only one returned to gift thanks.

That's not to say that they weren't grateful. I am sure they were. But it raised the question of awareness for me. To be aware of all that we have and all that we are as a gift of God is truly a blessing.

What are you most grateful for this day? Take a moment....and thank God. Allow this to become a daily practice....stopping during the day or pausing at the end of the day to ask yourself: what am I most grateful for this day? Then thank God. Life's events, great and small, are moments to grow in our awareness of who God is in our lives.

This week, let us stop often to give thanks to God for the life that God has given to us!