



strengthening  
our home  
and family

## **Deseret Book®**

Family Home Evening Materials

Theme: Gratitude

Packet #110404

### **5 tips for successful Family Home Evenings**

- 1. Pray.** Pray about the needs of your family as you consider topics for home evenings, and pray as you prepare.
- 2. Prioritize.** Make Family Home Evening a priority; learn to say no to other activities.
- 3. Involvement.** Involve everyone in the family; help little children take part.
- 4. Commitment.** Be committed and be consistent. Set a designated time and stick to it. Holding Family Home Evening on a weekly basis takes dedication and planning on the part of all family members.
- 5. Relax** and enjoy it. The most important thing your children will remember is the spirit they feel in your family home evenings and activities. Be sure the atmosphere is one of love, understanding, and enjoyment.

thank you so very much

## Gratitude

### Thought:

It has been by observation—mostly in observing myself, but also in watching others—that when I focus on what I don't have, I tend to become increasingly self-centered, selfish, and crabby. . . . [But we can] find true happiness in cultivating humble, grateful hearts.

(Mary Ellen Edmunds, "Happiness: Finders, Keepers," [Salt Lake City: Deseret Book, 1999], p. 116, 133)

### Purpose:

Help family members recognize and be grateful for the many blessing they have.

### Song:

"Because I Have Been Given Much," *Hymns*, 219.

### Scripture:

And he who receiveth all things with thankfulness shall be made glorious; and the things of this earth shall be added unto him, even an hundred fold, yea, more.

(Doctrine and Covenants 78:19)

### Lesson:

Show or draw a picture of a turkey or something else that might lead your family to think of Thanksgiving. Ask:

- What day does this picture remind you of?
- What does our family do on Thanksgiving?
- What is there to be thankful about?
- In what ways do we show our "thanksgiving"?

Have your family quickly scan D&C 59:16–19 and identify some of the blessings God gives to His children. Then read together D&C 59:20–22. Ask:

- What pleases God?
- How is He offended?
- Why might Heavenly Father be "offended" if we express our gratitude to Him only one day each year?
- How can we "confess His hand in all things" on Thanksgiving Day and on all other days of the year?

Have family members make a journal entry about something for which they feel especially grateful. If it involves another person, suggest that they write a thank-you note to that individual.

(Dennis H. Leavitt and Richard O. Christensen, *Scripture Study for Latter-day Saint Families: The Doctrine and Covenants*, [Salt Lake City: Deseret Book, 2004], p.123–124.)

I love you • hugs • you're the best!

please • you're welcome • yes!

I'm so grateful • thanks

## Story:

### New Shoes

The boys and girls of Drancy school, the very poorest in all of Paris, were breathless with excitement. The long-awaited day had come at last—the day on which the children would receive 300 pairs of brand new shoes sent through the American Red Cross.

The day was cold and foggy, but inside the little schoolhouse it was warm and bright. The shoes were set on long tables, and inside each one was a rare treat, a chocolate bar. A flower had been placed on top of each pair of shoes. The children had gathered the flowers to celebrate this exciting day, for it had been years since any of them had owned a pair of brand-new leather shoes.

On every foot was an old wooded shoe or a ragged sandal with cloth soles. All were poorly fit, some handed down from grown-ups who could no longer use the shoes.

The boys and girls stood quietly around the long tables. No one touched the shoes. No one spoke. Not even a whisper was heard until the teacher signaled for the children to sing. They had learned “The Star-Spangled Banner” for the wonderful occasion. Then the boys and girls sang the national anthem in French.

Every eye was shining, and every heart was beating with excitement—but not one hand stretched out to touch a shoe. The children just looked and looked.

Finally they ran out into the schoolyard to play. Some of the girls stopped to print thank-you notes on scraps of paper to be sent to the givers, but no one picked up a single shoe to even try it on.

The officials who had delivered the shoes did not understand this. Then the teacher explained, “Tomorrow the children will try on the shoes. Today they have seen them. That is enough. They are happy. Do you know what a wonderful thing it can be just to expect new shoes?”

(Lucile C. Reading, *Shining Moments, Volume 2*, [Salt Lake City: Deseret Book, 1987], p. 9.)

## Activity:

Make a picture of a turkey. Make tail feathers out of colored paper. Have the members of your family write things they are thankful for on the feathers and put them on the turkey so he has a beautiful tail.

## Extras:

- Play “alphabetical gratitude.” Go around the room and have each person say something he is grateful for. The first person names something that starts with the letter *a*, and the next person names something beginning with the letter *b*. Continue around the room as many times as necessary until the entire alphabet is complete.

(Kimberly L. Bytheway and Diane H. Loverage, *Traditions*, [Salt Lake City: Deseret Book, 2003], p. 73.)

- On Thanksgiving day play “Passing the Light.” Set the table with a candle at each person’s plate. Starting at the head of the table, have the person light his or her candle, expressing gratitude for several things. Then, that person holds out the candle to the next person to light his or her own candle from while giving thanks for blessings. Continue on until the entire table is lit with everyone’s “gratitude light.”

(Kimberly L. Bytheway and Diane H. Loverage, *Traditions*, [Salt Lake City: Deseret Book, 2003], p. 79.)

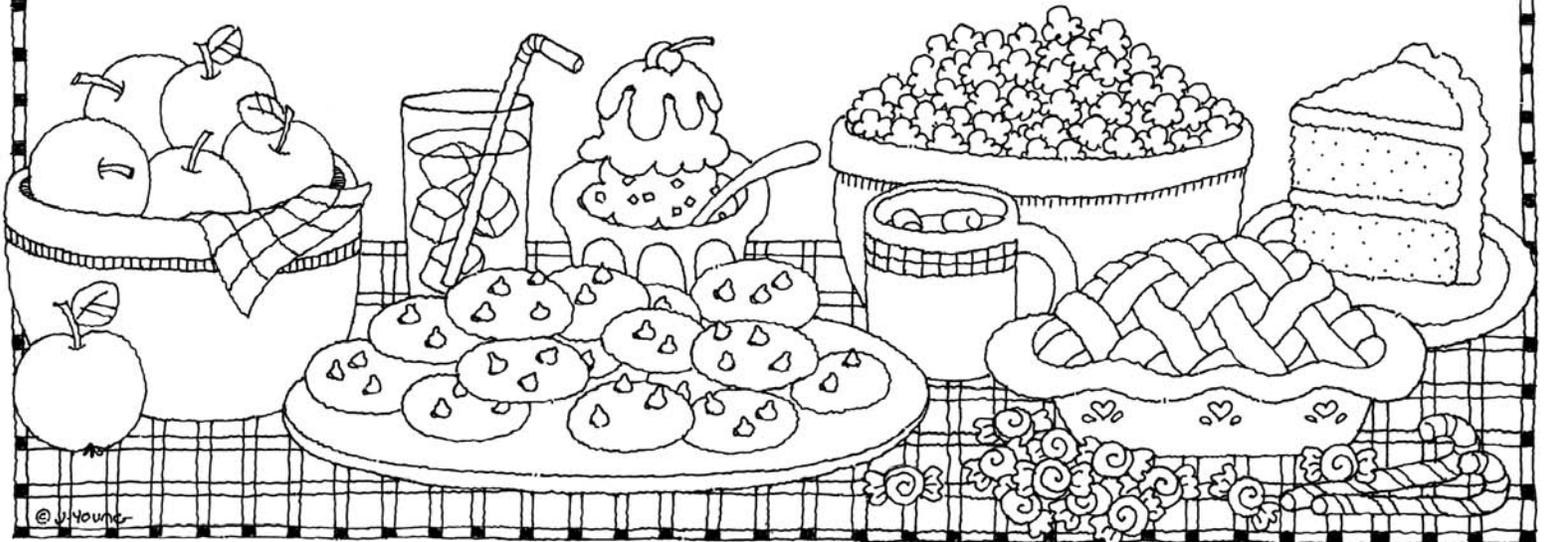
## Refreshment

### Pumpkin Cheesecake

1 1/2	cups graham cracker crumbs, rolled fine	1/4	teaspoon nutmeg
3	tablespoons butter or margarine, melted	1/4	teaspoon ginger
3	packages (8 oz. each) cream cheese, softened	1/4	teaspoon cloves
1	cup sugar	1/2	teaspoon salt
3	eggs	1	pint sour cream
3/4	teaspoon vanilla	3	tablespoons sugar
1 1/3	cups plus 2 tablespoons pumpkin	1/2	teaspoon vanilla
3/4	teaspoon cinnamon		

Mix graham cracker crumbs and butter or margarine. Press firmly onto bottom and sides of 9- or 10-inch springform pan. Whip cream cheese in mixer bowl; gradually add sugar, then eggs one at a time. Stir in vanilla. In separate bowl, combine pumpkin, cinnamon, nutmeg, ginger, cloves, and salt. Mix well; add to cream cheese mixture. Pour filling into crust. Bake at 300 degrees for 55 minutes. Whip sour cream; add sugar and vanilla. Spread on top of cheesecake and return to oven. Bake 10 more minutes. Cool before removing sides from springform pan. Garnish with a sprinkle of nutmeg. Refrigerate until ready to serve. Makes 10 to 12 servings.

(*Lion House Classics*, [Salt Lake City: Shadow Mountain, 2004], p.102.)



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