

# OPINION PAGE

## Letters to the Editor

### Fair Elections Action Week

Reducing the impact of money in politics is not a partisan issue. No one I've spoken with thinks it's a good idea for politicians to spend more than half their time fundraising and no one seems to think that is the best way for our country to use the millions of dollars they are given. Certainly there are those who would disagree, but they are likely the ones who benefit from having the money in those campaigns... and that would not be your average citizen.

The Public Campaign Action Fund and Public Campaign have set aside this week as "Fair Elections Action Week." In the Senate, thanks

### The Power of Gratitude

As Thanksgiving approaches, we remember the events of the past year for which we are most grateful. It could be a new child or grandchild, success in school or the workplace, a wonderful vacation, retirement(!), or just that one was able to continue paying the mortgage and putting food on the table. Many people keep a daily gratitude journal to help them remember their blessings. No matter what one's circumstances are, there is always something for which to give thanks.

In fact, gratitude can be considered a form of prayer that identifies the Supreme Being as the source of

all good. A heartfelt "thanks!" for service rendered is not only recognizing the person who assisted you, but also acknowledging the role of God in providing for all of your needs. When you're feeling low, the simple act of expressing gratitude helps to get outside the problem to see the bigger picture. In fact, giving thanks for your blessings opens your thinking to even more blessings. Mary Baker Eddy, in her seminal work "Science and Health with Key to the Scriptures," puts it this way: "Are we really grateful for the good already received? Then we shall avail ourselves of the blessings we have, and thus be fitted to receive more."

The Psalms, which are found in both the Hebrew and the Christian Bibles, contain 30 admonitions and reasons for giving thanks to God, the primary reason being that He is good. Let's join as a community this Thanksgiving season to recognize God's goodness in our lives by rejoic-

ing in our blessings and by thanking those around us for their roles in our lives. As we gather with family and friends in worship and fellowship, let's ask ourselves how we can see God's goodness to bless the less fortunate.

Church services of thanksgiving and national days of thanksgiving have always been part of the religious fabric of this country, even before Thanksgiving Day was declared a federal holiday. Many churches today continue the tradition with a special service on

Thanksgiving Day. The Church of Christ, Scientist, is no exception. Christian Science congregations throughout the nation welcome their friends and neighbors to special Thanksgiving Day services, during which an opportunity is given for verbal expressions of gratitude. In La Cañada Flintridge, this one-hour service will begin at 10 a.m. on Thursday, Nov. 22, at the church (600 Foothill Blvd., LCF).

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## Letters to the Editor Policy

Letters to the editor should be limited to approximately 300 words. All letters sent to the Outlook become property of the Outlook and may be edited and condensed for any reason. They must be submitted by one person only and be accompanied by a valid phone number. No pseudo-

nyms or initials may be used. Send submissions by mail to Outlook Newspaper, Letters to the Editor, P.O. Box 578, La Cañada Flintridge, 91012; by fax to (818) 790-7260; or by e-mail to outlooknews@earthlink.net (write "Letter to the Editor" in the memo field).