



From the campuses of our [member institutions](#) and Catholic high schools...

In the spirit of Thanksgiving, we wanted to spread the joy and message of gratitude. Here are examples of gratitude displayed by some of our member institutions, as well the high schools of the secondary school counselors on our Board of Directors:

[Gratitude Bell at Belmont Abbey College, Belmont, NC](#)

The bell was brought to Belmont Abbey's campus in 2016. The ringing of the bell encourages students, faculty and staff, and the campus community to reflect on their blessings from God. Click [here](#) for a video about the story behind the bell, told by Belmont Abbey's President, Dr. Bill Thierfelder.

[Mass of Gratitude at Boston College, Chestnut Hill, MA](#)

This annual tradition was started in 2018 by Fr. Tony Penna, BC's Director of Campus Ministry. Chris Darcy, Associate Director of BC's Campus Ministry, told us, "Fr. Tony wanted to offer a new Mass at the end of the school year, in the spirited tradition of what we do with our Mass of the Holy Spirit. We started the Mass of Gratitude several years ago to acknowledge our blessings, joys, and graces for the academic year. It is usually held on the second Sunday in May during finals. Fr. Leahy has been the Presider since we started in 2018. We did not offer the Mass this past spring in person or virtually. Our plan will be to offer it again in May, hopefully in person (most likely with a reduced number in attendance similar to this year's Mass of the Holy Spirit)."

[GrateFALLness Busy Woman's Retreat and Friendsgiving Event at \[College of Saint Benedict, Collegeville, MN\]\(#\)](#)

Sister Sharon Nohner, OSB, Director of Campus Ministry at CSB, told us, "This fall we had a GrateFALLness Busy Woman's Retreat. Our Bennies were paired with a Sister from the monastic community to share prayer, daily reflections and insights on living our lives with a grateful heart. At the end of the retreat, each participant shared a 'Gratitude Jar' they decorated and filled with something they were grateful for each day of the retreat. We were all encouraged to keep using the gratitude jar [after the retreat]. On a challenging day, you are to take one of the things you had put in the jar you were grateful for...and be reminded of how blessed you are."

For the Friendsgiving Event, students took a picture of a turkey and decorated it. Winners could win a gift basket with items to make a Friendsgiving Dinner. [This](#) is one of the entries, submitted by Krystiana Connelly, Class of 2022. According to Sister Sharon, Krystiana's turkey "captured the spirit and life on campus."

[Thanksgiving prayer service at Assumption High School, Louisville, KY](#)

Leigh Jackson, College Counselor at Assumption and a member of our Board of Directors, tells us, "Our Thanksgiving prayer service is truly one of my favorites. Members of our community write letters of thanks to a person(s) that they are thankful for and a large number of them are selected to be shared/read during our service. What makes it even more special is if the recipient is outside of our community, perhaps a parent, grandparent, other family member, etc., they are invited to attend, but

not given a reason. The look of shock and love on the recipient's face as their loved one reads all the reasons they are special and loved and appreciated is just so meaningful and special."

Appreciation shout-outs at [Holy Names Academy, Seattle, WA](#)

Megan Diefenbach, College Counselor at Holy Names and a member of our Board of Directors, says, "At my high school, we are invited to share thank you/appreciation shout-outs at the start of our weekly virtual faculty meetings. These might be typed-in-chat or live-shared comments. And then we all have the chance to respond with emojis, comments, etc. It's always a feel-good point in my week!"

For more information about the National CCAA Newsletter, please visit our [Newsletter Archives](#).