

167. A CHAIN OF BLESSINGS - TUESDAY - OCTOBER 20, 2026

Good morning, Grace Harbor – it's Dan. Happy Grattituesday!

After my conversation with George about my breakfast the other morning, I got curious about where more of the food came from. So, I did a little research.

Like he said, the produce all came from farms within an hour of town, but he said the maple syrup was just from the grocery store. Well, I looked on the label of the syrup in my fridge, and it comes from Canada! I searched for a video on how maple syrup is made, and there are a whole bunch of people and equipment needed to make it. You've got to get the sap out of maple trees, and then – because it's 98% water and only 2% tasty sugar – you've got to remove most of that water. Did you know it takes 40 gallons of sap to make 1 gallon of syrup?!

And then, of course, you have to bottle it. And like with just about everything that's pre-packaged in the grocery store, it first goes to a warehouse to be stored until it's needed, which has its own staff. Then it gets put on a truck to go to the store, where the employees then get it out on the shelves.

And, of course, the coffee. Oh, my beloved coffee! I know George gets his beans from Bobby at the coffeeshop. Bobby has told me before that *he* gets it from a local roaster a couple towns over, but their beans come from small

farms all over the world! Africa, Central and South America, Indonesia, and even Hawaii.

In fact, I got to tour a small coffee farm when I visited my brother and his family in Hawaii last spring break. The trees are covered in small red fruit known as coffee cherries. Each coffee cherry contains just **two** beans! Needless to say, there's a **lot** of work that goes into just one cup of my morning coffee.

All of this only increased my sense of gratitude – and honestly **wonder** – at how **anything** ends up on my plate or in my cup. It reminds me that everything is a gift and blessing, and gratitude is a great way of acknowledging that.

One fun thing we can do is use what I call our “holy imagination” to think through each step in how something gets to us. Let's picture a tasty apple since tomorrow is actually National Apple Day. And if you don't like apples, think of it as a gift you can give a friend or family member who does. I'm going to name the people I think helped get it to me, and you can join me by saying thank you out loud.

Ok, here we go:

For those who plant the seeds – we say thank you.

For those who care for the trees – we say thank you.

For those who pick the apples – we say thank you.

For those who clean and package the apples – we say thank you.

For those who deliver them to the store or market – we say thank you.

For those who unload the truck – we say thank you.

For those who put them out for sale – we say thank you.

For those who keep the farms, trucks, and stores clean – we say thank you.

And for those who work the checkout – we say thank you.

Now it's your turn. Pick something from your breakfast this morning, and see if **you** can think through the steps of how it might have gotten to you, saying thanks along the way. If you need more time, you can pause the podcast, and I'll be right here when you get back.

[PAUSE]

Of course, later today or this week, you could always do a little research. Some product labels have a phone number or email address, you could talk to the manager at your grocery store, or you could look for a "how it's made" style video.

For bonus points, if you identify someone in the chain you **can** contact, make them your Grattituesday candidate this week, and share your thanks by the end of the week.

Ok, let's close in prayer. If you want to, you can close your eyes and fold your hands.

Dear God, we thank you for all of the food we eat. It can be easy to enjoy something without realizing how many people played a role in getting it to us, but you know them

all by name and you love them. Bless the many hands that brought these blessings to us today. Amen.

Ok, Grace Harbor, have a great Tuesday, and I'll catch you tomorrow.

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