

168. THANKS FOR THE HELPERS - WEDNESDAY - OCTOBER 21, 2026

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

Do you remember Mister Rogers – the man who prayed for a long list of people every morning by name? One of the things he taught was to “look for the helpers.”

He learned this from his mom as a way to calm down when something scary is happening. For example, if there's a fire, we can look for the firefighters who are there to put the fire out and make sure everyone is safe.

Well, we don't just have to wait for something scary to happen! This can be a great practice in our everyday life.

Wednesdays are the day when we focus on the spiritual practice of setting intentions. This is not just thinking about **what** we're going to do, but it's also deciding **how** we're going to do what we do. What kind of attitude or energy do we want to have? What do we want to do for others? What do we want to focus on?

That last one is going to guide our practice for today, and we're going to use it to keep thinking about our theme for the week – seeing and thanking those who help us but often go unnoticed.

So far, we've used the example of the people who get our food to us. That's a good one because it's something that affects us literally every day, and yet so many of those

people we'll never meet or even see.

But, if you stop and think about it, there are actually people **all around** us that we **can** see who help us but can get overlooked too. So, we're going to intentionally stop and think about it!

For me, some of the people who came to mind here in Grace Harbor include the morning crews at the coffeeshop, The Blue Anchor, and the Fruit of the Earth Bakery who all get in **super** early to be sure there's coffee, hot breakfast, and pastries each day. There's the custodian at my daughter's school, and the team from Parks and Rec who mow the grass at the Village Green and set up and tear down all of our community events.

Take a few moments and see if you can name some people off the top of your head who are helpers who probably don't hear "thank you" nearly enough. If you need more time, feel free to pause the podcast, and I'll be right here when you get back.

[PAUSE]

Now that you've got a list to get you started, and you're thinking about it, keep your eyes open for more helpers throughout the day. I'll bet there are at least three more people you'll see today that you never thought of. They might even be people you pass all the time but never noticed.

As you encounter these people – both those on your list and

those you might add – say a quick prayer of thanks in your head. Something like, “Dear God, thank you for my crossing guard. Amen.”

I get the sneaking suspicion that by the end of the day, we’re going to be amazed by how many helpers are all around us. And, if we spend the day saying all of these quick prayers of thanks, our hearts might be so full by the time our heads hit the pillow.

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 the helpers all around us. Some are easier to see, and some serve others quietly or in the background. Give us eyes to see and hearts to give thanks. Amen.

Ok, Grace Harbor, have a wonderful Wednesday, and I’ll see you back here tomorrow.

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