

# *Freedom's Feast* **THANKSGIVING**

*Ceremonies to  
get the most out of  
your **THANKSGIVING**  
celebration.*





SEPTEMBER 11, 2001 RIVALED AND IN SOME WAYS EXCEEDED DECEMBER 7, 1941.



FRANKLIN D. ROOSEVELT, THE PRESIDENT AT THE TIME OF THE ATTACK ON PEARL



HARBOR, CALLED IT "...A DAY THAT WILL LIVE IN INFAMY." THE ATTACKS ON THE



WORLD TRADE CENTER, THE PENTAGON AND UNITED FLIGHT 93 MARKED THE FIRST



TIME IN NEARLY TWO HUNDRED YEARS THAT A FOREIGN FORCE ASSAULTED THE UNITED



STATES ON ITS OWN SOIL. THIS CEREMONY IS DEDICATED TO THE MEN, WOMEN AND



CHILDREN WHO LOST THEIR LIVES IN THOSE ATTACKS, TO THE BRAVE MEN AND WOMEN



WHO RUSHED TO AID THE VICTIMS, AND TO ALL THOSE WHO DEVOTE THEMSELVES TO



PROTECTING OUR FREEDOMS AND THE FREEDOMS OF OTHERS AROUND THE WORLD.

*Thanksgiving is the most widely celebrated holiday in the American calendar. More American families and friends gather together on this day than any other. They enjoy a festive meal, the pleasure of one another's company and, of course, football. But even though we make a special effort to be together, many of us have lost touch with the real purpose of the day. Thanksgiving is a time literally to give thanks: thanks for the blessings of family, community and especially for the freedoms and values that make America so special.*

# *Freedom's Feast: Thanksgiving*

**is a ceremony to put the thanks back into Thanksgiving, to transform**

**the special Thanksgiving meal into a feast of gratitude. In 10 to 45**

**minutes—depending on your selection of songs, readings and activities**

**—we remember our American story and teach it to our children.**

**NOTE!** *Ceremony begins on page 8.*

*Pages 4 through 7 cover the order of the ceremony*

*and ways to use it for your Thanksgiving celebration.*

## GETTING READY: TEN TIPS FOR CREATING A FUN AND MEANINGFUL CELEBRATION

### **1. Prepare your guests in advance.**

The idea of adding a ceremony to the Thanksgiving table will be new. For many families, the only formal parts of their meal are grace or a toast. Don't surprise your guests with Freedom's Feast. Tell them in advance, "This year, we're going to spend a few minutes sharing things we're thankful for and recalling basic American values." Encourage them to participate and assure them that the time it takes will be worthwhile. In fact, they may be surprised to find themselves moved by the experience.

### **2. Buy time.**

Provide appetizers since many people expect to eat as soon as they come to the table. Be sure that everyone has a copy of your ceremony.

### **3. Take turns.**

Be sure that the leader reviews the ceremony before Thanksgiving. Everyone should be encouraged to join in singing and take a turn reading. (Many like to rotate clockwise around the table.)

### **4. Have fun!**

Feel free to cut and paste, mix and match—make Freedom's Feast your own! (We include some cut and paste ceremonies that show how to do this.)

### **5. Tell the story.**

Freedom's Feast gives us ways to tell the story of the founding of America. Some families act out the story, complete with costumes. You could prepare a short skit and assign parts or put on your own version of a Thanksgiving pageant.

### **6. Tell your story.**

Tell *your* stories. How about playing Neil Diamond's "Coming to America" and then asking the family elders to tell the saga of how your family came to America? Or, tell the story of how your family moved within a city or between cities. Or create a Freedom's Feast Family Album (see *Your Own American Story: A Meal-Time Activity*, page 45).

### **7. Create your own traditions.**

Thanksgiving is a time to create lifelong family memories. Freedom's Feast offers opportunities to add blessings from your own faith tradition or favorite readings from American history and literature. We know of one family where a grandfather suddenly appeared at the ceremony dressed as Thomas Jefferson to read the Declaration of Independence out loud!

### **8. Think theme party.**

Just as birthday parties for children have themes, Thanksgiving celebrations can, too. Use the theme for your invitations, menu, table decor, home decorations, and Freedom's Feast ceremony. For example, if your theme is Freedom, you might have a Statue of Liberty photo on your front door, a Liberty Bell centerpiece, flashlight torches for the kids, and a Bill of Rights menu. Other possible themes may be the Pilgrims and Native Americans, the Founding Fathers, or your family's immigration story.

### **9. Find resources.**

Check out the Freedom's Feast website [freedomfeast.us](http://freedomfeast.us), search Thanksgiving on the Internet, and look for Thanksgiving ideas in magazines, newspapers, and television. Consider readings that reflect current events—for example, a reading that celebrates your American heroes or highlights Bill of Rights issues. Store your resources, props, decorations, and materials in a box marked Thanksgiving. If your Thanksgiving celebration includes young children, consider reading aloud a good children's book that tells the story of Thanksgiving.

### **10. Share the preparation.**

A great Thanksgiving celebration doesn't just happen. Invite family members to prepare different courses so that the hosts aren't in the kitchen missing out on all of the fun and others have contributed to the meal just like the first Thanksgiving. Ask for help preparing the ceremony too so that others can share in the excitement.

★ *See Appendix, page 43, for additional suggestions.*

# The Ceremony

There are many ways to use Freedom's Feast.

Do the full celebration or choose one of the other versions listed below.

## ★ FULL VERSION ★

*Appetizers can be enjoyed at the table.*

### 8 Thanks Giving

*An opening Thanksgiving exercise for all participants.*

### 10 Cornucopia (see list on page 7)

*Participants fill a basket with items that represent American experiences or ideas at key points in the celebration.*

### 12 From Plymouth Rock

*Excerpts from the journal of William Bradford, 2nd governor of Plymouth Plantation, that recall the Pilgrim's arrival at Plymouth Rock.*

### 14 On the Way to Nationhood: The American Dream

*A summary of early immigrant characteristics with sayings from Ben Franklin's Poor Richard's Almanack and a brief review of the events leading to the American Revolutionary War.*

### 18 The Declaration of Independence

*A group reading of selected passages.*

### 22 The Constitution

*A brief introduction with a reading of the preamble and summaries of Articles I–VII.*

### 26 The Bill of Rights

*Suggested exercises for discussing various amendments or a reading of summaries of the ten amendments.*

### 28 The Dollar Bill: E Pluribus Unum (see list on page 7)

*A discussion about the meaning of the images and words on the dollar bill.*

## THE THANKSGIVING MEAL

### 30 Our Gift

*The Pledge of Allegiance and the chance to make a group charitable gift.*

### 32 Tribute to Freedom and American Creativity

*A celebration of the meaning of freedom and those who have made special contributions to our nation.*

## DESSERT

### 34 Conclusion and Songs

*Farewell and a collection of folk, spiritual, military and popular songs celebrating America.*

### 39 God Bless America

*Words to Irving Berlin's 1938 song.*

## OPTIONAL VERSIONS

### Shortest Version (10 minutes)

1. Sing "America the Beautiful" First Stanza **8**
2. Thanks Giving **8**
3. Declaration of Independence **18**
4. Constitution **22**
5. Sing "God Bless America" **39**

### Shorter Version (20 minutes)

1. Sing "America the Beautiful" First Stanza **8**
2. Thanks Giving **8**
3. "America the Beautiful" Second Stanza **12**
4. From Plymouth Rock **12**
5. On the Way to Nationhood **14**
6. Declaration of Independence **18**
7. Constitution **22**
8. Sing "God Bless America" **39**

### Short Version (30 minutes)

1. Sing "America the Beautiful" First Stanza **8**
2. Thanks Giving **8**
3. "America the Beautiful" Second Stanza **12**
4. From Plymouth Rock **12**
5. On the Way to Nationhood **14**
6. Declaration of Independence **18**
7. Constitution **22**
8. Dollar Bill **28**
9. Our Gift **30**
10. Sing "God Bless America" **39**

★ See Appendix, page 40, for a different short version.

@ Check our website for other versions: non-family gatherings; interfaith Thanksgiving gatherings; an introductory 10-minute version: [www.freedomfeast.us/do-something/](http://www.freedomfeast.us/do-something/).

# What You Need

## HOW FREEDOM'S FEAST WORKS

LEADER SHOULD EXPLAIN WHAT IS GOING TO HAPPEN OR  
ASK EVERYONE TO READ THIS BEFORE YOU BEGIN.

## THE ORDER

The main part of Freedom's Feast comes before the meal. After the meal and before dessert you may spend a few more minutes considering what it means to be Americans. After dessert it's fun to end with a sing-along from the songs provided or your own favorites.

## DESIGN

**Bold Entries** are original documents.

Directions or suggestions are in *italics*.

Entries on the sides of each page are commentary on the text in the middle. They are meant to be read silently and enjoyed for the discussion or thoughts they may inspire. At times the leader or participants may choose to call attention to a particular entry or read one aloud. This will encourage everyone to be involved.

Use the blank spaces throughout for artwork or notes that reflect how you, your family and your guests celebrate your American spirit.

## KEY

-  Optional prayer.
-  Full text available on the website.
-  Additional information in booklet appendix.
-  Cornucopia

## Cornucopia:

straw cornucopia or basket

1 ear of multi-colored corn

6 peanuts in the shell

handful of acorns

1 apple

1 teabag

1 bread roll or

small loaf of bread

choose a selection of  
ethnic foods from your  
kitchen, such as:

1 bagel

1 Chinese fortune cookie

1 tortilla

handful of spaghetti

bottle of curry

## The Dollar Bill:

Ask each participant  
to bring a dollar bill to  
the table or provide one  
at each place. Have an  
empty envelope or pouch  
available.

# Thanks Giving

Katherine Lee Bates, a professor of English literature at Wellesley College, wrote the words to "America the Beautiful" in the summer of 1893, upon her return from her first trip to the summit of Pike's Peak. First printed in a magazine on July 4th, 1895, her words were soon set to music. They have been sung to numerous tunes, but "Materna" by Samuel A. Ward is the bestknown. Like Bates, inspired by America's beauty, Ward wrote the tune spontaneously after a day at the seashore.

*Thanksgiving dinners take 18 hours to prepare. They are consumed in 12 minutes. Half-times take 12 minutes. This is not coincidence.* **ERMA BOMBECK**

*For the smiles around this table  
And the food we are about to eat.  
For all the lessons we have  
learned.  
The questions asked  
And still unanswered.  
For the freedom to wander  
In our minds  
And wherever our feet  
may carry us.  
For the opportunity  
to pursue our passions  
And the chance to  
be changed by them.  
For the gift of a government  
that belongs to us  
And the blessing of a land  
whose endless bounty depends  
upon our care.  
For the chance to offer  
our gratitude in our own way,  
in our own faith,  
In our own time.  
Together we say Thank You.*

**A FREEDOM'S FEAST  
THANKSGIVING PRAYER**

*Together, we sing:*

**AMERICA THE BEAUTIFUL**

*O beautiful for spacious skies,  
For amber waves of grain,  
For purple mountain majesties  
Above the fruited plain!  
America! America!  
God shed his grace on thee  
And crown thy good  
With brotherhood  
From sea to shining sea!*

*Leader:* Today Americans everywhere are gathering to celebrate Thanksgiving, our country's most popular national holiday. Why do we give thanks as Americans? Why do we give thanks at all?

*Reader:* One of the first things we learn as children is how and when to say thank you. We give thanks because we've been blessed with something that we need or want.

*Leader asks each person to share one thing for which he or she is grateful, or an American freedom he or she cares about.*

★ *See the Appendix, page 43, for alternative suggestions.*

**ALL:** For these things and more, we are thankful. May we always be aware of our blessings and take the time to share them with others.

✿ *This is a good time to offer a prayer of Thanksgiving from your faith tradition.*

**What is your family's Thanksgiving prayer?**

## Introduction to the Cornucopia

*Participants may find this reading meaningful even if you don't include the Cornucopia in your celebration.*

*Leader:* The bonds that tie us together run deep.  
Around this table are people we cherish and love.

*Reader:* But today we also celebrate the bond of citizenship.  
The birth of the United States was based on a bold idea. Our founders dreamed of many kinds of people united through common devotion to shared ideals.

*Reader:* They wanted to create a country committed to individual rights, religious freedom, tolerance, and equal opportunity: We the people, united to make one great new country.

*Reader:* At this time of harvest and Thanksgiving we think about the ways our nation has been enriched by its many peoples. We have not always treated all of our people justly. But because we are a people bound together by the ideal that all of us are created equal, we strive to be good and just.

*Americans are always moving on.  
It's an old Spanish custom  
gone astray,  
A sort of English fever, I believe,  
Or just a mere desire to take  
French leave,  
I couldn't say. I couldn't  
really say.  
But, when the whistle blows,  
they go away.  
Sometimes there never was a  
whistle blown,  
But they don't care, for they  
can blow their own  
Whistles of willow-stick and  
rabbit-bone,  
Quail-calling through the rain  
A dozen tunes but only one  
refrain,  
"We don't know where we're  
going,  
but we're on our way!"*

**STEPHEN VINCENT BENET**



**Some of the Many  
Native American Tribes**

ABENAKI  
ACCOHANNOCK  
ALABAMA- COUSHATTA  
ALASKA NATIVES  
ALGONQUIAN  
APACHE  
ARAPAHO  
ARIKARA  
ASSINIBOINE  
ASSINIBOINE SIOUX  
ATHABASKAN  
BLACKFEET  
CADDO  
CARRIER  
CATAWBA  
CAYUGA  
CHEROKEE  
CHEYENNE  
CHICKASAW  
CHIPPEWA  
CHIPPEWA CREE  
CHITIMACHA  
CHOCTAW  
CHUMASH  
COHARIE  
COMANCHE  
COSTANOAN  
COWLITZ  
CREE  
CREEK  
CROW  
DAKOTA  
DELAWARE  
DENE  
ESSELEN  
FLATHEAD  
GITANYOW  
GOSHUTE  
GROS VENTRE  
GWITCH'IN  
HAIDA  
HALIWA-SAPONI  
HAWAIIAN NATIVES  
HIDATSA  
HO CHUNK  
HOHOKAM  
HOPI  
HOUMA  
HUPA  
HURON  
ILLINOIS  
INNU  
INUIT  
INUPIAQ/INUPIAT  
IOWA  
IROQUOIS  
KALISPEL  
KAW  
KIOWA  
KLALLAM  
KLAMATH  
KOOTENAI  
KUMEYAAY  
LAKOTA  
LUMBEE  
MAKAH  
MANDAN  
MATTAPONI

## Cornucopia

- ✿ *This ritual appears throughout the celebration and works well when young children are present. Decide in advance if it will be meaningful for your celebration. Add your own symbolic foods or create your own cornucopia ritual to reflect the backgrounds and experiences of the people at your table. (see Appendix, page 44, for more ideas.)*

*Leader asks the youngest child to be the cornucopia collector. Whenever an item is displayed and explained during the ceremony, she should collect the item and put it in the cornucopia.*

*The person with the acorns at his or her place holds them up for all to see and recites:*

*Reader: These acorns are for the oldest Americans. They stand for the oak tree, long-lived and deep-rooted. For thousands of years before white men came to these shores, our Native American peoples lived off the land. They hunted, farmed and developed a wide range of languages, customs and governments. They shared their knowledge and helped to open the continent for others. But in the process their people were uprooted; many died from disease and war, and they lost a lot of their rich culture.*

- ✿ *Child collects acorns from reader and puts them in the cornucopia basket.*

- ★ *See Appendix, page 43, for additional resources on the Native American experience.*

**What symbol from nature would you choose to represent your ancestors?  
Can you draw it?**

*Tell General Howard I know his heart...I am tired of fighting. Our chiefs are killed; Looking-Glass is dead. Ta-Hool-Hool-Shute is dead. The old men are all dead.... He who led the young men on is dead. It is cold, and we have no blankets; the little children are freezing to death. My people, some of them, have run away to the hills, and have no blankets, no food. No one knows where they are...I want to have time to look for my children... Maybe I shall find them among the dead. Hear me, my chiefs! I am tired; my heart is sick and sad. From where the sun now stands I will fight no more forever. NEZ PERCE CHIEF JOSEPH 1877 SURRENDER TO US ARMY*



MEHERRIN  
 MELUNGEON  
 MENOMINEE  
 METIS  
 MIAMI  
 MINGO  
 MISSION INDIANS  
 MIWOK  
 MOHAWK  
 MOHEGAN  
 MOHICAN  
 MONACAN  
 MONTAUKETTS  
 NANSEMOND  
 NAVAJO/DINE  
 NEZ PERCE  
 NISGA'A  
 NOOTKA  
 OHLONE  
 OJIBWE/CHIPPEWA  
 OMAHA  
 ONEIDA  
 ONONDAGA  
 OSAGE  
 OTTAWA  
 PAIUTE  
 PAMUNKEY  
 PASSAMAQUODDY  
 PAWNEE  
 PENOBSCOT  
 PEORIA  
 PEQUOT  
 PIMA  
 PISCATAWAY-CONOY  
 POMO  
 POTAWATOMI  
 POWHATAN  
 PUEBLO  
 QUAPAW  
 QUINAULT  
 SAC AND FOX  
 SALISH  
 SAPONI  
 SEMINOLE  
 SENECA  
 SHAWNEE  
 SHINNECOCK  
 SHOSHONE  
 SHUSWAP  
 SILETZ  
 SIOUX  
 SPOKANE  
 SUQUAMISH  
 SWINOMISH  
 TAINO  
 TLINGIT  
 TONKAWA  
 TUSCARORA  
 UMATILLA  
 UMPQUA  
 UTE  
 WABANAKI  
 WACCAMAW  
 WAMPANOAG  
 WARM SPRINGS INDIANS  
 WASHOE  
 WICHITA  
 WINNEBAGO  
 WIYOT  
 WYANDOT  
 YOKUTS  
 YUP'IK  
 YUROK

"Keep, ancient lands, your storied pomp!" cries she  
With silent lips. "Give me your  
tired, your poor,  
Your huddled masses  
yearning to breathe free,  
The wretched refuse of your  
teeming shore,  
Send these, the homeless,  
tempest-tost to me:  
I lift my lamp beside the  
golden door."

EMMA LAZARUS, FROM "THE NEW  
COLOSSUS" AS IT APPEARS ON A  
PEDESTAL AT THE BASE OF THE  
STATUE OF LIBERTY

We whose names are  
underwritten...do...solemnly...  
combine ourselves into a civil  
body politic, for our better  
ordering and preservation...  
to enact, constitute, and frame,  
[such] just and equal laws,  
ordinances, acts, constitutions,  
and offices...for the general use  
of the colony, unto which we  
promise all due submission  
and obedience.

THE MAYFLOWER COMPACT, 1620

Ultimately, America's answer to  
the intolerant man is diversity,  
the very diversity which our  
heritage of religious freedom has  
inspired. ROBERT F. KENNEDY

Always remember that you are  
absolutely unique. Just like  
everyone else.

MARGARET MEAD

## From Plymouth Rock

Together, we sing:

AMERICA THE BEAUTIFUL  
*O beautiful for pilgrim feet  
Whose stern impassioned stress  
A thoroughfare for freedom beat  
Across the wilderness!  
America! America!  
God mend thine every flaw,  
Confirm thy soul  
In self-control,  
Thy liberty in law!*

**Leader:** Our story as a nation begins with the arrival of the Pilgrims at Plymouth Rock in 1620. Listen to The Pilgrim Story in the words of William Bradford, the second governor of Plymouth Plantation.

**ALL:** DEPARTING.

**Reader:** The time having come when they must depart...they left that good and pleasant city, which had been their resting place for nearly twelve years; but they knew they were pilgrims, and lifted up their eyes to the heavens, their dearest country, and quieted their spirits.

**ALL:** LANDING.

**Reader:** Being brought safely in sight of land, they fell upon their knees and blessed the God of Heaven who had brought them over the vast and furious ocean...they now had no...houses—much less towns—to repair to...it was winter... sharp and severe, and subject to fierce storms...

**ALL:** SURVIVING.



## "God Favors Our Undertaking"

**Reader:** Squanto stayed with them, and was their interpreter, and became a special instrument sent of God for their good, beyond their expectation. He showed them how to plant their corn, where to take fish and other commodities, and guided them to unknown places, and never left them till he died....

**ALL:** THANKING.

**Reader:** Ought not the children of their fathers rightly to say: Our fathers were Englishmen who came over the great ocean, and were ready to perish in this wilderness; but they cried unto the Lord, and He heard their voice, and looked on their adversity....

*Together we sing:*

MY COUNTRY 'TIS OF THEE

My country 'Tis of thee,

Sweet land of liberty

Of thee I sing:

Land where my fathers died,

Land of the Pilgrims' pride,

From every mountainside

Let freedom ring!

*Person with corn at his or her place raises the corn and reads:*

**Reader:** This ear of corn symbolizes the arrival of our ancestors at Plymouth Rock in 1620. Without corn and the native Americans who taught them to grow it, the Pilgrims would not have survived. They ate corn at their first harvest meal together, thanking God. Together they worked without regard for color or creed. Today we are a nation of many millions. Our colors far exceed the number of colors on this ear of corn.

✿ *Child collects corn and puts in the cornucopia basket.*



The Pilgrims, known in England as Separatists, were jailed, fined, and ostracized for rejecting the Church of England. They fled England in 1608 and established a church community in Leyden, Holland. When they decided to come to America, the London Company of Virginia sponsored their passage in exchange for labor and produce from the New World. In 1620 they set sail with 42 men and women from their Leyden congregation, 60 passengers recruited by the London Company, and approximately 30 children. While harbored off Cape Cod, the Pilgrims adopted the Mayflower Compact.

Of the 102 adult voyagers, only 55 survived the first winter. The rest died of exposure, scurvy, and dysentery. Perhaps they all would have died by the next winter had it not been for the help of the local Native Americans, especially English-speaking Squanto, the sole survivor of the Pawtuxent tribe in Plymouth.

The following fall the Pilgrims gathered their abundant harvest. It was during this time that they celebrated, for three days, their first Thanksgiving feast, joined by 90 of their Native American friends.

*Coming to America has always been hard...It is foolish to forget where you come from, and that in the case of the United States, is almost always somewhere else. The true authentic American is a pilgrim with a small "p," armed with little more than the phrase, "I wish..."* ANNA QUINDLEN

## *On the Way to Nationhood*

*Speak not when others speak, sit not when others stand, and walk not when others stop.*

*Show not yourself glad at the misfortune of another, though he were your enemy.*

*Speak no evil of the absent, for it is unjust.*

*Let your recreations be manful, not sinful.*

*Labor to keep alive in your breast that little spark of celestial fire called conscience.*

**16TH CENTURY FRENCH RULES OF ETIQUETTE STUDIED BY GEORGE WASHINGTON AS A YOUTH**

*Until legislators discover that the only way to make good citizens and subjects is to nourish them from infancy; and until parents shall be convinced that the worst of men are not the proper teachers to make the best; mankind cannot know to what a degree of perfection society and government may be carried.*

**NOAH WEBSTER 1788**

*Immigration is the highest form of flattery.* **JACK PAAR**

Born the son of a poor candle maker in Boston on January 17, 1706, Benjamin Franklin became one of the wealthiest and most influential Americans of the colonial period. A writer, scientist, businessman, diplomat, inventor, statesman and philosopher, his life became a testament to the American dream that continues to inspire immigrants to this day. For over 25 years, beginning in 1733, he published his *Poor Richard's Almanack*. It was hugely successful and sold over 10,000 copies a year. Franklin collected and edited popular sayings to entertain Americans, but also to encourage habits for success, industry and frugality.

*Together we sing:*

**THIS LAND IS YOUR LAND**

*This land is your land,  
this land is my land  
From California to the New York Island  
From the Redwood Forest  
to the Gulf Stream Water  
This land was made for you and me.*

*Leader:* Waves of immigrants from England followed the Pilgrims. Many came for religious freedom. Some came in search of economic opportunities. Others were drawn by a sense of adventure.

*Reader:* As the immigrants settled, each colony developed a special character. Strict Puritans lived in Massachusetts while Catholics sought asylum in Maryland and religious dissenters of all kinds ended up in Rhode Island and Pennsylvania. New York (then New Amsterdam) and Virginia were filled with adventurers seeking their fortunes.

*Reader:* At the same time, a new type of citizen was emerging. Freed from Europe's rigid class system, he was independent, hard-working, well-schooled, multi-talented and adventurous. Most importantly his success depended on his own merit.

*Reader:* Benjamin Franklin, an example of this new citizen, was one of our oldest Founding Fathers and one of America's early self-made men.

*Read the following sayings in succession or pick two or three to discuss.*

*Reader:* From *Poor Richard's Almanack*, by Ben Franklin:

*Reader:* **Eat to live, and not live to eat.**

*Reader:* **He that lies down with Dogs, shall rise up with fleas.**

*Reader:* **Fish and visitors stink in 3 days.**

*Reader:* **Hear no ill of a Friend, nor speak any of an Enemy.**

*Reader:* **Little strokes fell great oaks.**

# The American Dream

*Reader:* **No pains, no gains.**

*Reader:* **Keep your eyes wide open before marriage, half shut afterwards.**

*Reader:* **God helps them that help themselves.**

*Reader:* **Early to bed and early to rise, makes a man healthy, wealthy, and wise.**

*Reader:* Franklin's witty sayings teach hard work, discipline and self-reliance—essential traits for a people who want to be independent and free.

*When an American says that he loves his country, he means not only that he loves the New England hills, the prairies glistening in the sun, the wide and rising plains, the great mountains, and the sea. He means that he loves an inner air, an inner light in which freedom lives and in which a man can draw the breath of self-respect.*

ADLAI STEVENSON

## Five Year Immigration Highs and Lows from 1840 to 2008

1991	1,826,595
1990	1,535,872
1907	1,285,349
2006	1,266,129
1914	1,218,480
1934	29,470
1942	28,781
1944	28,551
1943	23,725
1933	23,068

Persons obtaining legal permanent resident status according to the US Department of Homeland Security

*The history of every country begins in the heart of a man or a woman.* WILLA SIBERT CATHER

*In reality, there is, perhaps, no one of our national passions so hard to subdue as pride. Disguise it, struggle with it, beat it down, stifle it...it is still alive and will every now and then peep out and show itself...even if I could conceive that I had completely overcome it, I should probably be proud of my humility.*

BENJAMIN FRANKLIN, AUTOBIOGRAPHY



## *On the Way to Nationhood*

*No people can be bound to acknowledge and adore the invisible hand, which conducts the Affairs of men more than the People of the United States.*

*Every step, by which they have advanced to the character of an independent nation, seems to have been distinguished by some token of providential agency.*

**GEORGE WASHINGTON, FIRST INAUGURAL ADDRESS, APRIL 30, 1789**

*Destiny is not a matter of chance, it is a matter of choice; it is not a thing to be waited for, it is a thing to be achieved.*

**WILLIAM JENNINGS BRYAN**

*Listen my children and you shall hear*

*Of the midnight ride of Paul Revere,*

*On the eighteenth of April, in Seventy-five;*

*Hardly a man is now alive  
Who remembers that famous day  
and year.*

**HENRY WADSWORTH LONGFELLOW,  
THE MIDNIGHT RIDE OF PAUL REVERE**

*Stand your ground. Don't fire unless fired upon. But if they mean to have a war, let it begin here!*

**CAPTAIN JOHN PARKER, LEADER OF THE "MINUTEMEN"**

*None who have always been free can understand the terrible fascinating power of the hope of freedom to those who are not free.*

**PEARL S. BUCK**

*Reader:* In 1765, the British Parliament passed the Stamp Act, the first tax on the colonies without their consent. The colonists boycotted British goods until the tax was repealed. This protest helped to set the stage for the Revolutionary War.

*Reader:* On December 16, 1773, colonists staged the Boston Tea Party. Disguised as Indians they boarded three ships in Boston Harbor and dumped their cargo of tea overboard to protest a tax the British imposed on the tea.

*Reader:* In September of 1774, the First Continental Congress voted to impose a boycott on all British goods.

*Reader:* The British responded by sending British troops to Massachusetts to arrest the colonial leaders and seize their ammunition.

*Reader:* However, Paul Revere warned the colonial soldiers, or "Minutemen," as they became known, that the British were on their way. On April 19, 1775, fighting broke out at Lexington and Concord.

*Reader:* The Shot Heard Round the World, when Americans first fired on the British, announced the beginning of the American Revolutionary War.



# The American Dream

Together we sing:

MY COUNTRY 'TIS OF THEE

*My native country thee,  
Land of the noble free,  
Thy name I love:  
I love thy rocks and rills,  
Thy woods and templed hills;  
My heart with rapture thrills  
Like that above.*

Person with the tea bag by his or her place raises it and recites:

This tea represents the bravery of American colonists who joined the revolution and all Americans who have ever fought to protect our freedoms. Small in number and ill-equipped, the colonists faced the most powerful nation in the world. They risked their lives, homes and families for the right to determine their own destiny. Like the tea bag when steeped in hot water, Americans when faced with adversity don't fall apart—we become stronger.

🌸 Child collects tea bag and puts it in the cornucopia basket.

**When have you taken a risk for something you cared about?**

**What is your dream for America?**

**What is your dream for yourself?**

*Home is the place where, when  
you have to go there/They have to  
take you in.*

**ROBERT FROST**

*Justice is the end of all  
government. It is the end of civil  
society. It ever has been, and  
ever will be pursued, until it be  
obtained or until liberty be lost in  
the pursuit.*

**JAMES MADISON, FEDERALIST #51**

*Is life so dear, or peace so sweet,  
as to be purchased at the price  
of chains and slavery? Forbid it,  
Almighty God! I know not what  
course others may take; but as  
for me, give me liberty or give me  
death!*

**PATRICK HENRY**

*In future days...we look forward  
to a world founded upon four  
essential freedoms—freedom  
of speech, of worship, from  
material want and from fear.*

**FRANKLIN DELANO ROOSEVELT, STATE  
OF THE UNION MESSAGE, 1941**

*The measure of a country's  
greatness is its ability to retain  
compassion in times of crisis.*

**JUSTICE THURGOOD MARSHALL**

*We have to accept the risk as part  
of the job. Sometimes in this job,  
"good-bye" really is "good-bye."*

**RAY DOWNEY, NYC FIRE CHIEF TWO  
WEEKS BEFORE HE LOST HIS LIFE AT  
THE WORLD TRADE CENTER ON 9/11**

*We cannot defend freedom  
abroad by deserting it at home.*

**EDWARD R. MURROW**

# The Declaration of Independence

*I say to you today, my friends,  
that in spite of the difficulties  
and frustration of the moment,  
I still have a dream. It is a  
dream deeply rooted in the  
American dream. I have a dream  
that one day this nation will  
rise up and live out the true  
meaning of its creed: we hold  
these truths to be self-evident:  
that all men are created equal....*

**MARTIN LUTHER KING, JR. FROM "I  
HAVE A DREAM" SPEECH ON THE  
STEPS OF THE LINCOLN MEMORIAL,  
AUGUST 28, 1963**

*We have it in our power to begin  
the world over again.*

**THOMAS PAINE**

*If you can't stand the heat,  
get out of the kitchen.*

**HARRY S. TRUMAN**

*Nothing happens unless first  
we dream.*

**CARL SANDBERG**

*Put all your eggs in one basket  
and—WATCH THAT BASKET!*

**ANDREW CARNEGIE**

*For every complex problem  
there is an answer that is clear,  
simple, and wrong.*

**H. L. MENCKEN**

In 1777, Baltimore postmaster,  
printer and newspaper publisher,  
Mary Katherine Goddard,  
published the first printed copy  
of the Declaration with all of the  
signers' names.

## 1775 Demographics

**Total population: 2.5 million**

**Slave population:**

**20% of all Americans**

**50% of all Virginians**

**67% of all South Carolinians**

*Together we sing:*

**AMERICA THE BEAUTIFUL**

*O beautiful for heroes proved  
In liberating strife.  
Who more than self  
their country loved  
And mercy more than life!  
America! America!  
May God thy gold refine  
Till all success  
Be nobleness  
And every gain divine!*

*Reader:* The Declaration of Independence is the document that Thomas Jefferson wrote and our Founding Fathers adopted on July 4, 1776, to declare a new nation that embraced freedom and justice for all.



**ALL: When in the Course of human events,**

*Reader: it becomes necessary for one people to dissolve the political bands which have connected them with another*

*Reader: and to assume among the powers of the earth,*

*Reader: the separate and equal station to which the Laws of Nature and of Nature's God entitle them,*

*Reader: a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation.*

**ALL: We hold these truths to be self-evident**

*Reader: that all men are created equal*

*Reader: that they are endowed by their Creator with certain unalienable Rights*

*Reader: that among these are Life, Liberty and the pursuit of Happiness.*

*Reader: That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed...*

*Reader: it is the Right of the People to...institute new Government...*

*Reader: And for the support of this Declaration*

*Reader: with a firm reliance on the protection of Divine Providence*

**ALL: we mutually pledge to each other our Lives, our Fortunes and our sacred Honor.**

© *A full copy of the Declaration of Independence can be found at [www.archives.gov/exhibits/charters/declaration.html](http://www.archives.gov/exhibits/charters/declaration.html).*

*Please try Celebrating Life Liberty and the Pursuit of Happiness: A Freedom's Feast Independence Day easy conversation and activity guide at [www.freedomfeast.us/independence-day/Celebrating-Life-Liberty-and-the-Pursuit.pdf](http://www.freedomfeast.us/independence-day/Celebrating-Life-Liberty-and-the-Pursuit.pdf)*

*Visit us on [Facebook](#) to share your experiences and [Freedom's Feast](#) again on Labor Day.*

Most nations cannot claim a specific birth date. America can. Abraham Lincoln, in his famous Gettysburg Address of 1863, stated it simply, "Four score and seven years ago, our forefathers brought forth on this continent a new nation, conceived in liberty, and dedicated to the proposition that all men are created equal."

During that hot summer in Philadelphia in 1776, a group of men gathered in the Continental Congress to decide the fate of a nation. The 56 signers of the Declaration included farmers, businessmen, lawyers, doctors, and a clergyman. They all knew that their decision to declare the 13 colonies independent of Great Britain was an act of treason punishable by hanging. Still, they went ahead.

*Liberty is that spirit which is not too sure of itself.*

**JUDGE LEARNED HAND**

Adams and Jefferson were appointed to the committee to write the Declaration of Independence. Years later, Adams recalled the discussion they had at the time. Adams insisted that Jefferson be the principal author while Jefferson proposed that Adams write the draft.

A: *I will not.*

J: *Why?*

A: *Reason enough.*

J: *What can be your reasons?*

A: *Reason first—You are a Virginian and a Virginian ought to appear at the head of this business. Reason second—I am obnoxious, suspected and unpopular. You are very much otherwise. Reason third—you can write ten times better than I can.*

J: *Well, if you are decided I will do as well as I can.*

**JOHN ADAMS**

# The Declaration of Independence

These are the times that try men's souls. The summer soldier and the sunshine patriot will, in this crisis, shrink from the service of his country; but he that stands it now deserves the love and thanks of man and woman. Tyranny, like hell, is not easily conquered; yet we have this consolation, that the harder the conflict, the more glorious the triumph.

**THOMAS PAINE, THE AMERICAN CRISIS, READ TO WASHINGTON'S TROOPS ON CHRISTMAS EVE, 1776 BEFORE CROSSING THE DELAWARE TO ENGAGE THE ENEMY.**

We have besides these men—descended by blood from our ancestors—among us perhaps half our people who are not descendants at all of these men...but when they look through that old Declaration of Independence they find that those old men say that "We hold these truths to be self-evident, that all men are created equal," and then they feel that moral sentiment taught in that day...is the father of all moral principle in them, and that they have a right to claim it as though they were blood of the blood, and flesh of the flesh of the men who wrote that Declaration, and so they are. That is the electric cord in that Declaration that links the hearts of patriotic and liberty-loving men together, that will link those patriotic hearts as long as the love of freedom exists in the minds of men throughout the world.

**ABRAHAM LINCOLN, IN RESPONSE TO STEPHEN DOUGLAS, 1858**

Where there is no struggle, there is no strength.

**OPRAH WINFREY**

Together we sing:

MY COUNTRY 'TIS OF THEE

Let music swell the breeze,

And ring from all the trees

Sweet freedom's song:

Let mortal tongues awake;

Let all that breathe partake;

Let rocks their silence break,

The sound prolong.

People around the table raise the ethnic foods, one after another. The leader calls on one of them to recite:

*Reader:* These foods represent the many peoples who have come to these shores. For nearly 400 years, America has been the land of dreams for oppressed people everywhere. If we are not native Americans or descended from African slaves, we were all, at some time, immigrants. We have come from Ireland, Russia, Poland, Scandinavia, Germany, Italy, China, India, Mexico... (name your own ancestral country if it has not been named).

*Reader:* No matter where we came from or how we got here, we all have a chance to choose who and what we want to be. We became railroad workers and miners, fishermen, lumberjacks and lawyers, shipbuilders, teachers, entertainers, factory workers, doctors, inventors and shop owners, farmers, athletes, policemen and fire fighters (name the jobs represented at your table).

✿ *Child collects the objects and places them in the cornucopia basket.*

**List all of the countries of origin represented at your table.**

**List or draw the jobs mentioned.**



*When you come to a fork in the road, take it.* **YOGI BERRA**

*Proclaim freedom throughout the land and to all the inhabitants thereof.* **LEVITICUS, 25:10,**

**INSCRIPTION ON THE LIBERTY BELL**

*Is it not amazing that...in such an age and in such a country we find men professing a religion the most humane, mild, gentle and generous, adopting a principle as repugnant to humanity as it is inconsistent with the Bible, and destructive to liberty?... Would anyone believe I am the master of slaves of my own purchase! I am drawn along by the general inconvenience of living here without them. I will not, I cannot justify it...I believe a time will come when an opportunity will be offered to abolish this lamentable evil.*

**PATRICK HENRY**

*This country will not be a permanently good place for any of us to live in unless we make it a reasonably good place for all of us to live in.* **TEDDY ROOSEVELT**

*If only we'd stop trying to be happy, we could have a pretty good time.* **EDITH WHARTON**

*You can only protect your liberties in this world by protecting the other man's freedom. You can only be free if I am free.* **CLARENCE DARROW**

Avarice, ambition, revenge,  
or gallantry, would break  
the strongest cords of our  
Constitution as a whale goes  
through a net. Our Constitution  
was made only for a moral and  
religious people. It is wholly  
inadequate for the government  
of any other.

**JOHN ADAMS**

...the Constitution is a glorious  
liberty document. Read its  
preamble, consider its purposes.  
Is slavery among them? Is it  
at the gateway? Or is it in the  
temple? It is neither. While I do  
not intend to argue this question  
on the present occasion, let  
me ask, if it be not somewhat  
singular that, if the Constitution  
were intended to be, by its  
framers and adopters, a slave-  
holding instrument, why neither  
slavery, slaveholding, nor slave  
can anywhere be found in it.

**FREDERICK DOUGLASS**

We must dare to think  
"unthinkable" thoughts.  
We must learn to explore all the  
options and possibilities that  
confront us in a complex and  
rapidly changing world. We must  
learn to welcome and not to fear  
the voices of dissent. We must  
dare to think about "unthinkable  
things" because when things  
become unthinkable, thinking  
stops and action becomes  
mindless.

**JAMES WILLIAM FULBRIGHT**

Thus I consent Sir, to this  
Constitution because I expect  
no better, and because I am not  
sure, that it is not the best. The  
opinions I have had of its errors,  
I sacrifice to the public good.

**BENJAMIN FRANKLIN**  
(AT 81, THE OLDEST DELEGATE AT  
THE CONSTITUTIONAL CONVENTION)

## The Constitution

*Together, we sing:*

**AMERICA THE BEAUTIFUL**

*O beautiful for patriot dream  
That sees beyond the years  
Thine alabaster cities gleam  
Undimmed by human tears!  
America! America!  
God shed His grace on thee  
And crown thy good  
With brotherhood  
From sea to shining sea!*

**Leader:** The foundation for governing our country is laid down in the Constitution. It is a compact: a binding agreement between the people and those whom we elect to lead us. It guarantees that we will live in a society ruled by the laws that we create through our elected representatives.

**Reader:** It distributes the powers of government across three branches: the legislative, executive, and judiciary. The system is designed with checks and balances to ensure that all voices are heard in national debate and to prevent any one branch of government from having too much power.

**ALL: We the People of the United States**

**Reader: in Order to form a more perfect Union**

**Reader: establish Justice, insure domestic Tranquility, provide for the common defense**

**Reader: promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity**

**ALL: do ordain and establish this Constitution for the United States of America.**

*Leader may choose to focus specifically on one Article. Ask a participant to research that article in advance and lead a group discussion or the leader may choose to conduct a group reading of the following simple summaries of the Articles.*

@ A full copy can be found at [www.archives.gov/exhibits/charters/constitution.html](http://www.archives.gov/exhibits/charters/constitution.html)

*Reader:* Article I establishes the legislative branch of government, called the Congress and comprised of the Senate and the House of Representatives.

*Reader:* Article II establishes the executive branch comprised of the President and Vice President of the United States and the cabinet departments. The President signs or vetoes the laws the Congress passes and is the chief commanding officer of the country's armed forces.

*Reader:* Article III establishes the judiciary branch, or the court system, which sets the Supreme Court as the highest court in the land. The judiciary branch decides whether laws are constitutional and guarantees due process and justice for all when laws have been broken.

*Reader:* Article IV requires that states respect the laws of other states as long as they do not violate laws of the nation.



*This government, the offspring of our own choice uninfluenced and unawed...completely free in its principles...has a just claim to your confidence and your support. Respect for its authority, compliance with its Laws, acquiescence in its measures, are duties enjoined by the fundamental maxims of true Liberty...the Constitution which at any time exists, 'till changed by an explicit and authentic act of the whole People, is sacredly obligatory upon all.*

**GEORGE WASHINGTON, FAREWELL ADDRESS**

*Patriotism in the female Sex is the most disinterested of all virtues. Excluded from honours and from offices, we cannot attach ourselves to the State of Government from having held a place of Eminence....Yet all History and every age exhibit Instances of patriotick virtue in the female Sex; which considering our situation equals the most Heroick of yours.*

**ABIGAIL ADAMS**

*Why is the Constitution of the United States so exceptional? Well, the difference is so small that it almost escapes you, but it tells you the whole story in just three words: We the people. Here in America, we the people are in charge.*

**RONALD REAGAN**

# The Constitution

## Federalists v. Antifederalists

Several delegates thought that the proposed national government had too much power and left the convention without signing the Constitution. Opponents of the Constitution were known as Anti-Federalists, while supporters were called Federalists. The Federalist Papers were a series of essays written by Alexander Hamilton, James Madison, and John Jay. Distributed throughout the colonies, they urged citizens to vote in support of the Constitution.

*It has been frequently remarked that it seems to have been reserved to the people of this country, by their conduct and example, to decide the important question, whether societies of men are really capable or not of establishing good government from reflection and choice, or whether they are forever destined to depend for their political constitutions on accident and force.*

**ALEXANDER HAMILTON, FEDERALIST PAPER NO. 1**

*Is it not the glory of the people of America, that whilst they have paid a decent regard to the opinions of former times and other nations, they have not suffered a blind veneration for antiquity, for custom, or for names to overrule the suggestions of their own good sense, the knowledge of their own situation, and the lessons of their own experience?*

**JAMES MADISON, FEDERALIST PAPER NO. 14**

*Reader:* Article V allows amendments to the Constitution provided that two-thirds of the members of Congress favor the change. But the people have the final say. Through our elected representatives, a majority of the states must approve an amendment in order to make it a permanent addition to the Constitution.

*Reader:* Article VI guarantees that the United States of America will honor all the debts and treaties the country had entered into before adopting the Constitution.

*Reader:* Article VII makes the Constitution the law of the land upon ratification by nine state conventions.

*Reader:* After nine months of fierce public debate, the Constitution, passed by the First Continental Congress, was ratified by nine states on July 21, 1789. The legislators who voted for the Constitution understood that it did not sufficiently protect individual rights, so they used Article V to create the Bill of Rights.

**What part of the Constitution or our government were you most grateful for in the past year?**



**Thanksgiving Becomes  
a National Holiday,  
October 3, 1863**

Sara Josepha Hale, a prominent writer and women’s magazine editor, led a decades-long national campaign to make Thanksgiving a permanent annual national holiday. She even promoted the traditional meal that we eat today. As the Civil War approached, she sensed new urgency and wrote in an 1859 editorial that a national Thanksgiving holiday could give rise to “a renewed pledge of love and loyalty to the Constitution of the United States....”

Shortly after the Battles of Gettysburg and Vicksburg, Lincoln proclaimed the last Thursday in November a national day of Thanksgiving. (Congress later changed it to the fourth Thursday to extend the Christmas shopping season.)

Lincoln hoped that Americans of both North and South would use the occasion to “heal the wounds of the nation and to restore it as soon as may be consistent with the Divine purposes to the full enjoyment of peace, harmony, tranquillity and Union.” Lincoln, like Hale, envisioned Thanksgiving Day as a time for all Americans to renew our pledge to the Constitution and rediscover our common purpose.

*Whereas both houses of Congress have...requested me “to recommend to the People of the United States a day of public thanks-giving and prayer to be observed by acknowledging with grateful hearts the many signal favors of Almighty God, especially by favoring them with an opportunity peaceably to establish a form of government for their safety and happiness....”*

**GEORGE WASHINGTON, THANKSGIVING PROCLAMATION, OCTOBER 3, 1789, PROCLAIMS THE FIRST DAY OF NATIONAL THANKSGIVING**

# The Bill of Rights

The opinions of men are not the object of civil government, nor under its jurisdiction.

**THOMAS JEFFERSON**

The very aim and end of our institutions is just this: that we may think what we like and say what we think.

**OLIVER WENDELL HOLMES**

And I honor the man who is willing to sink  
Half his present repute for the freedom to think,  
And, when he has thought,  
be his cause strong or weak,  
Will risk t'other half for the freedom to speak.

**JAMES RUSSELL LOWELL**

It is by the goodness of God that in our country we have those three unspeakably precious things: freedom of speech, freedom of conscience, and the prudence never to practice either of them. **MARK TWAIN**

One man's vulgarity is another's lyric. **JUSTICE JOHN MARSHALL HARLAN**

A right is not what someone gives you, it's what no one can take from you. **RAMSEY CLARK**

I leave this rule for others when I'm dead  
Be always sure you're right—  
then go ahead.

**COLONEL DAVID CROCKETT**

Everyone is entitled to their own opinion, but not to their own facts. **DANIEL PATRICK MOYNIHAN**

*Together we sing:*

MY COUNTRY 'TIS OF THEE

Our father's God, to Thee,  
Author of Liberty,

To Thee we sing:

Long may our land be bright  
With freedom's holy light;  
Protect us by Thy might,  
Great God, our King!

**Leader:** The Bill of Rights sets out some basic rights of the people that the founders wanted to guarantee by law. Some of the ideas came from their experience under British rule and others from thinking about the new kind of nation they wanted to create. It consists of 10 amendments to the Constitution and was passed by the Second Continental Congress on December 15, 1791.

*Please choose from the following:*

1. Read all the amendment summaries.
2. Choose one or two to discuss.
3. Start a conversation about the Bill of Rights using one of the following questions:
  - Pick an amendment and ask: How does this amendment affect us today?
  - When and how did this amendment impact our own American stories?
  - What were the creators of the Bill of Rights concerned about, and do we still have those concerns today?

*The following are summaries of the amendments. For a complete copy go to: [www.archives.gov/exhibits/charters/bill\\_of\\_rights.html](http://www.archives.gov/exhibits/charters/bill_of_rights.html)*

**Reader:** Amendment I guarantees freedom of religion, of conscience, of speech, and of the press, and protects the right of the people to assemble peacefully and petition the government.

**Reader:**

Amendment II establishes the right of the people to keep and bear arms.

**Reader:**

Amendment III requires the homeowner's consent to house soldiers.

**Reader:** Amendment IV protects the people against unreasonable police searches and seizures without an advance warrant.

**Reader:** Amendments V, VI, VII, and VIII describe the conditions for a fair trial: no one can be forced to testify against himself; no one can be tried twice for the same criminal offence or be jailed or convicted without due process. Speedy and public trials with an impartial jury

along with the right to have legal defense counsel and confront witnesses are guaranteed. Excessive bail, excessive fines, or “cruel and unusual punishments” are prohibited.

*Reader:* Amendment IX ensures that the rights of the people defined in the Constitution do not limit other rights of the people not included in the document. Recent court rulings say that this amendment establishes the individual’s right to privacy.

*Reader:* Amendment X gives all powers not expressly given to the United States, or prohibited to the States by the Constitution, to the States or to the people.

*Reader:* Seventeen more constitutional amendments have been added since 1791. They reflect the will of the majority of the people. America remains vibrant as long as everyone obeys the law—or chooses to properly challenge it. This is our strength.

*Person with the peanuts by his or her place raises them and recites:*

*Reader:* These peanuts are for those who came to this land against their will. Torn from their homeland and their families, African slaves helped to lay the foundations of this country. As the shell traps the nut, slavery traps the human soul, it smothers hopes and dreams. Only when the peanut is freed from its shell can it fulfill its true purpose. From slavery came a people who have enriched our nation with their many gifts.

❁ *A child collects the peanuts and places them in the cornucopia basket.*



*Freedom is an indivisible word. If we want to enjoy it, and fight for it, we must be prepared to extend it to everyone, whether they are rich or poor, whether they agree with us or not, no matter what their race or the color of their skin.* **WENDELL WILKIE**

*In a sense we have come to our nation’s capital to cash a check. When the architects of our republic wrote the magnificent words of the Constitution and the Declaration of Independence, they were signing a promissory note to which every American was to fall heir. This note was a promise that all men would be guaranteed the inalienable rights of life, liberty, and the pursuit of happiness.*

**DR. MARTIN LUTHER KING, JR.**

*It was we, the people; not we, the white male citizen; nor yet we, the male citizens; but we, the whole people, who formed the Union....Men, their rights and nothing more, women, their rights and nothing less.*

**SUSAN B. ANTHONY**

**George Washington Carver was a former slave turned scientist whose experiments with the peanut resulted in peanut butter, and dozens of other important discoveries.**

*Either the United States will destroy ignorance or ignorance will destroy the United States.*

**W.E.B. DUBOIS**

Now came on a new order  
of the ages  
That in the Latin of  
our founding sages  
(Is it not written on  
the dollar bill  
We carry in our purse  
and pocket still?)  
God nodded his approval  
of as good.  
So much those heroes knew  
and understood,  
I mean the great four,  
Washington,  
John Adams, Jefferson,  
and Madison...

**ROBERT FROST, FOR JOHN F. KENNEDY  
ON HIS INAUGURATION**

Choose any American at  
random, and he should be  
a man of burning desires,  
enterprising, adventurous, and,  
above all, an innovator. The  
same bent affects all he does; it  
plays a part in his politics, his  
religious doctrines, his theories  
of social economy, and his  
domestic occupations; he carries  
it with him into the depths of the  
backwoods as well as into the  
city's business.

**ALEXIS DE TOCQUEVILLE**

*The buck stops here.*

**HARRY S. TRUMAN**

*We were so poor my daddy  
unplugged the clocks when we  
went to bed.* **CHRIS ROCK**

*If you want to know what God  
thinks of money, just look at the  
people he gave it to.*

**DOROTHY PARKER**

*Never work just for money or for  
power. They won't save your soul  
or help you sleep at night.*

**MARIAN WRIGHT EDELMAN**

*Love conquers all things except  
poverty and toothache.*

**MAE WEST**

## *The Dollar Bill: e pluribus unum*

*Together we sing:*

**IF I HAD A HAMMER**

*Words and music by L. Hays and P. Seeger*

©1958, 1962 (renewed), 1986 (renewed)

TRO-Ludlow Music, Inc. (BMI)

*If I had a hammer,  
I'd hammer in the morning  
I'd hammer in the evening,  
All over this land.  
I'd hammer out danger,  
I'd hammer out a warning,  
I'd hammer out love  
between my brothers and my sisters,  
All over this land.*

*Leader:* The Declaration of Independence, the Constitution, and the Bill of Rights are historical documents that tell us something important about who we are. The American flag tells a story about us as do our many beautiful monuments. We save and spend our money, but we don't usually think about the story that it tells. Let's take a few minutes to look at a dollar bill. (*Participants may share a dollar bill with one another.*)

*Reader:* Like currency all over the world, our dollar bill shows one of our country's greatest leaders: George Washington, the first President of the United States.

*Reader:* But the other side has many images and words. The images are the two sides of the Great Seal that we use to mark official documents of the United States. The seal was designed by our founders and added to the dollar bill in 1935.

*Reader:* The words *e pluribus unum* mean "From many, one." This motto appeared often in early colonial publications and suggested that many states form one perfect union. Many individuals can form one perfect nation. What a fitting, but powerful, idea to put on a one-dollar bill!

*Reader:* I see the words "In God We Trust." We didn't have paper money until the Civil War but this phrase got added in 1957. It's interesting to think about what was happening then that made people want to add this idea to our currency.

*Reader:* *Annuit coeptis* is Latin for "He favors our undertaking." The designers of the seal put this phrase together with *novus ordo seclorum*, "new order of the ages," to show that God favored our new republic. The bald eagle is a native bird, strong, doesn't wear a crown, and though a fighter he faces the olive branch. He prefers peace.



*Reader:* There's a pyramid with a triangle and an eye above it. This side of the seal isn't used but has many meanings. The eye, together with the two mottos, showed that God watched over and favored the American cause. It takes many to build one pyramid, but it would still be unfinished without the capstone.

*Reader:* The letters **MDCCLXXVI** in Latin stand for 1776, the year the United States of America was created.

**Optional Activity:** *Can you find 9 groups of 13 images or letters on our dollar bill today? Thirteen is an indivisible number. Why would that be an important number to have on the dollar bill? How many concepts from the 3 committees (See margin at Y right) can you find in our dollar bill today?*

*Leave the dollar bill at your places or have an adult collect them and place them in an envelope or a pouch. Participants may choose to add more money. Store the envelope nearby for after the meal.*

**Special activity for young children:** *An adult or older child hides the envelope somewhere in the house. Younger children search for it before dessert.*

★ *See the Appendix, page 44, for optional activities and more information on the dollar bill.*

*Leader:* We've completed most of Freedom's Feast. It's time for our Thanksgiving meal.

*This is a good time to offer a blessing from your faith tradition before eating.*

*Collect the Freedom's Feast programs and keep them nearby. You will need them again after the meal.*

★ **Enjoy your meal!** *See the Appendix, page 45, for an optional mealtime activity.*

Every dollar bill bears the engraving of each side of the Great Seal of America: the pyramid on one side and the eagle on the other. National seals give state documents official status. But our seal was intended to represent many of our national ideals and values as well. The final images are the work of three committees over six years. The final proposal was submitted to Congress on June 13, 1782.

The first committee suggested:

1. Moses parting the Red Sea opposed by Pharaoh and his army being consumed by the same sea, with the motto: "Rebellion to tyrants is obedience to God."
2. The children of Israel in the desert following a cloud by day and pillar of fire by night.
3. Hercules struggling between the choices of sloth and virtue; a six-sided shield representing the major European homelands of Americans, flanked by the goddess of Liberty and an American foot soldier.
4. A triangle to represent the eye of Providence and the motto *e pluribus unum* (from many, one).

The second committee suggested:

1. A shield with the colors of the flag.
2. A figure representing peace bearing an olive branch.
3. A constellation of 13 stars and two mottos: *Bello Vel Pace* (Let there be War or Peace) and *Libertas, Virtute Perennis* (Liberty and Virtue Endure).

The third committee suggested a pyramid to represent "strength and duration." "In God We Trust" was added in 1957.

Francis Bellamy, a teacher, editor and preacher, wrote the pledge of allegiance in 1892. The original version was published in a family magazine and leaflets were sent to schools. An estimated 12 million students recited the pledge for the first time in 1892. There have been four major changes or challenges to the pledge:

1924: the words "the flag of the United States of America" replace "my flag"

1943: Supreme Court rules that schools can't force pupils to recite the pledge

1954: the Knights of Columbus convince Congress to add "under God."

2002: A Circuit Court panel of Judges rules that "under God" violates the First Amendment.

(2003: The "under God" issue remains a matter of debate in Congress and the courts.)

*We take the star from Heaven,  
red from our mother country,  
separating it by white stripes,  
thus showing that we have  
separated from her, and the  
white stripes shall go down to  
posterity representing liberty.*

**GEORGE WASHINGTON, ON THE  
AMERICAN FLAG**

*Always do right. This will gratify  
some people and astonish the  
rest.* **MARK TWAIN**

*Injustice anywhere is a threat to  
justice everywhere.*

**MARTIN LUTHER KING, JR.**

*Ability is of little account  
without opportunity.*

**LUCILLE BALL**

*It is hard to interest those who  
have everything in those who  
have nothing.*

**HELEN KELLER**

## Our Gift

*Clear the meal from the table and redistribute the Freedom's Feast programs.*

*Bring the envelope with the dollar bills to the table or send the children to search for it. The child who finds it brings it back to the table. Leader may ask for additional contributions from the participants.*

*Together we sing:*

**IF I HAD A HAMMER**

*If I had a bell,*

*I'd ring it in the morning*

*I'd ring it in the evening,*

*All over this land.*

*I'd ring out danger,*

*I'd ring out a warning,*

*I'd ring out love*

*between my brothers and my sisters,*

*All over this land.*

*Leader: Ask the children or a child to lead the adults in the Pledge of Allegiance. If the children do not know the Pledge of Allegiance, ask an adult to recite it or have a reader read the next entry.*

*Reader: When we pledge allegiance to the flag of the United States of America, we agree to be part of this republic and all the things for which it stands. We are members of one nation, under God, indivisible, with liberty and justice for all.*

*Reader: But we do have injustice in our midst. We understand that poverty, homelessness, poor health, or joblessness can rob a person of his dignity.*

*Reader: Money alone cannot solve these problems, but it can make a difference. Americans give money to correct injustice because we know that in a democratic republic we are all responsible for one another.*

*Reader: We can choose to make a difference with the money we collected. This Thanksgiving we'll give a gift to\_\_\_\_\_. (Name the cause or organization your group selected.)*

- ★ *Consider asking the oldest children to decide who should receive the gift. They can make the decision after dessert and explain their choice to the group. If you have time before Thanksgiving, you can ask them to make a selection in advance or ask children to interview parents or grandparents and ask them about their favorite charity or volunteer activity. See Appendix, page 44, for other suggestions.*

Together we sing:

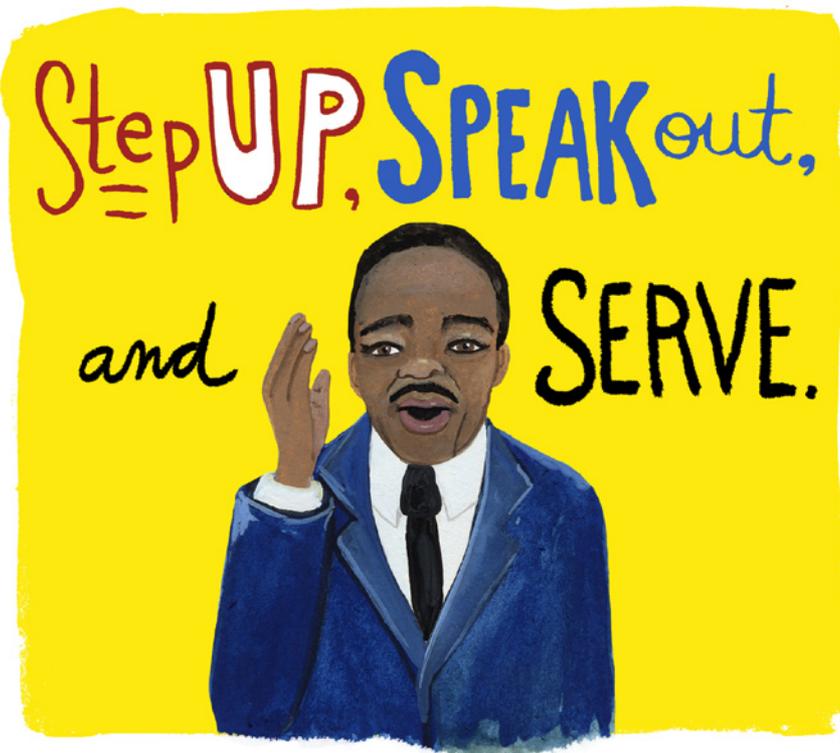
**IF I HAD A HAMMER**

*If I had a song,  
I'd sing it in the morning  
I'd sing it in the evening,  
All over this land.  
I'd sing out danger,  
I'd sing out a warning,  
I'd sing out love  
between my brothers and my sisters,  
All over this land.*

*Person with bread at his or her place raises the bread and reads.*

**Reader:** Bread is the universal symbol of sustenance. This bread represents the aid that America brings to people in need all across the globe, regardless of race or religion. We the People reach out to people everywhere to share our bounty.

❁ *Child collects the bread and places it in the cornucopia basket.*



*When an American needs the assistance of his fellows, it is very rare for that to be refused, and I have often seen it given spontaneously and eagerly.... When some unexpected disaster strikes a family, a thousand strangers willingly open their purses, and small but very numerous gifts relieve their distress.*

**ALEXIS DE TOCQUEVILLE**  
**DEMOCRACY IN AMERICA, 1840**

Benjamin Franklin never forgot how others helped him to become successful. He established trust funds in his will to create start-up loans for young craftsmen and public works projects. In 1990, 200 years after his death, the fund was worth over six million dollars and helped yet another generation of young Americans pursue their American dream.

**ESTATE PROVISIONS OF BENJAMIN FRANKLIN, 1790.**

*Think of giving not as a duty but as a privilege.* **JOHN D. ROCKEFELLER**

*It is not the style of clothes one wears, neither the kind of automobile one drives, nor the amount of money one has in the bank, that counts. These mean nothing. It is simply service that measures success.*

**DR. GEORGE WASHINGTON CARVER**

*If a free society cannot help the many who are poor, it cannot save the few who are rich.*

**JOHN F. KENNEDY**

## Tribute to Freedom & American Creativity

The American lives in a land of wonders; everything around him is in constant movement, and every movement seems an advance... Nowhere does he see any limit placed by nature to human endeavor; in his eyes something which does not exist is just something that has not been tried yet.

**ALEXIS DE TOCQUEVILLE**  
**DEMOCRACY IN AMERICA, 1840**

When I found I had crossed that line, I looked at my hands to see if I was the same person. There was such a glory over everything.

**HARRIET TUBMAN, ON ENTERING A FREE STATE**

If at first, an idea is not absurd, then there is no hope for it.

**ALBERT EINSTEIN**

The covers of this book are too far apart. **AMBROSE BIERCE,**  
**BOOK REVIEW**

I am an inventor. Faraday was a scientist. He didn't work for money...but I do. I measure everything I do by the size of a silver dollar. If it don't come up to that standard, then I know it's no good. **THOMAS A. EDISON**

Make it good, George, it might be important.

**MOISHE GERSHWIN TO SON GEORGE**  
**WHILE GEORGE WAS WORKING ON**  
**RHAPSODY IN BLUE.**

One small step for man, one giant leap for mankind.

**NEIL ARMSTRONG, ON THE MOON,**  
**1969**

*Together we sing:*

**IF I HAD A HAMMER**

*Well I got a hammer,  
And I got a bell,  
And I got a song to sing,  
all over this land.  
It's the hammer of Justice,  
It's the bell of Freedom,  
It's the song about Love between  
my brothers and my sisters,  
All over this land.*

*Leader:* In America we believe that unrestrained freedom is dangerous. It must be balanced by responsibility. Our freedoms and responsibilities are laid out in the Declaration of Independence, the Constitution and the Bill of Rights.

*Reader:* When we know that our government's power depends on our consent and we are sure that our rights are protected, we can spend our time and energy differently from those who are fighting persecution and oppression.

*Reader:* Let's end by giving thanks for the joyful noise of freedom: the noise that a free nation can make. This is what we can do when we are free. This is what we can be.

*Reader:* We thank our explorers and activists.

*Reader:* Never interrupt someone doing what you said couldn't be done.

**AMELIA EARHART**

*Reader:* We thank our health care providers, teachers, clergy, humanitarians, and philanthropists.

*Reader:* The essence of immorality is the tendency to make an exception of myself. **JANE ADAMS**

*Reader:* We thank our inventors and scientists.

*Reader:* The reward for work well done is the opportunity to do more. **JONAS SALK**

*Reader:* We thank our entrepreneurs and journalists.

*Reader: Last but not least, avoid clichés like the plague.* **WILLIAM SAFIRE**

*Reader: We thank our athletes, singers, and dancers.*

*Reader: My doctors told me I would never walk again. My mother told me I would. I believed my mother.* **WILMA RUDOLPH (1960 OLYMPIC THREE-TIME GOLD MEDALIST)**

*Reader: We thank our soldiers and sailors, police, fire and rescue workers.*

*Reader: To be born free is an accident. To live free is a privilege. To die free is a responsibility.* **BRIGADIER GENERAL JAMES SEHORN**

*Reader: We thank our artists and writers.*

*Reader: One cannot be an American by going about saying that one is an American. It is necessary to feel America, live America, love America, and then work at it.* **GEORGIA O'KEEFE**

*Reader: We thank our musicians, entertainers, and composers.*

*Reader: I don't want to achieve immortality through my work...I want to achieve it through not dying...* **WOODY ALLEN**

*Reader: We thank our statesmen, government workers and politicians.*

*Reader: Keep your eyes on the stars, but remember to keep your feet on the ground.* **TEDDY ROOSEVELT**

★ *See Appendix, page 44, for other ways to adapt this idea to your celebration.*

❁ *The person who has the apple at his or her place raises it and recites: This apple represents wisdom and fruitfulness. Without education, We the People cannot remain free—to create, to live, to love, to be.*

❁ *Child collects the apple and places it in the cornucopia basket. **Enjoy dessert!** Keep Freedom's Feast programs at table for final comments and songs.*



*...Were it left to me to decide whether we should have a government without newspapers, or newspapers without government, I should not hesitate a moment to choose the latter."*

**THOMAS JEFFERSON**

*The giving of love is an education in itself.* **ELEANOR ROOSEVELT**

*Give the lady what she wants.*

**MARSHALL FIELD**

*I want to live my life, not record it.*

**JACQUELINE KENNEDY ONASSIS**

*Never let schooling get in the way of your education.* **MARK TWAIN**

*Surplus wealth is a sacred trust which its possessor is bound to administer in his lifetime for the good of the community.*

**ANDREW CARNEGIE**

*Tell me and I forget. Teach me and I remember. Involve me and I learn.* **BENJAMIN FRANKLIN**

*I joked about every prominent man in my lifetime, but I never met one I didn't like.* **WILL ROGERS**

*Young man, the secret of my success is that at an early age I discovered I was not God.*

**OLIVER WENDELL HOLMES, JR.**

*'Tis a lesson you should heed,  
Try, try again.  
If at first you don't succeed,  
Try, try again.*

**THOMAS A. PALMER**

*Just do it.*

**NIKE AD**

## Conclusion

**Leader:** Today we celebrated Thanksgiving by talking about what it means to be Americans. Hopefully our discussion will continue throughout the year. May it be a year of blessings:

**ALL:** A year of peace, liberty and justice for all!

*Choose several favorite songs to sing. This is a good time to include songs from your own faith tradition.*

*I hear America singing,  
the varied carols I hear;  
Those of mechanics—  
each one singing his,  
as it should be,  
blithe and strong;  
The carpenter singing his...  
The mason singing his...  
The boatman singing what  
belongs to him...  
The shoemaker singing as  
he sits on his bench...  
The woodcutter's song...  
The delicious singing of the  
mother...  
Each singing what belongs to  
him or her, and to none else;  
The day what belongs to the  
day—at night, the party of  
young fellows, robust,  
friendly,  
Singing, with open mouths, their  
strong melodious songs.*

**WALT WHITMAN**

*It ain't over 'til the fat lady  
sings.*

**DAN COOK, 1970s**

## Songs

### Over the River and Through the Woods

Over the river and through the woods  
To grandmother's house we go  
The horse knows the way  
To carry the sleigh  
Through bright and drifting snow, oh—  
Over the river and through the woods  
Oh how the wind doth blow  
It stings the toes and bites the nose,  
As over the hills we go.

### Battle Hymn of the Republic

Mine eyes have seen the glory  
Of the coming of the Lord;  
He is trampling out the vintage  
Where the grapes of wrath are stored;  
He hath loosed the fateful lightning  
Of His terrible swift sword;  
His truth is marching on.

Chorus

Glory! Glory! Hallelujah!  
Glory! Glory! Hallelujah!  
Glory! Glory! Hallelujah!  
His truth is marching on.

I have seen Him in the watchfires  
Of a hundred circling camps  
They have builded Him an altar  
In the evening dews and damps;  
I can read His righteous sentence  
By the dim and flaring lamps;  
His day is marching on.

### When Johnny Comes Marching Home

When Johnny comes marching home  
again, Hurrah! Hurrah!  
We'll give him a hearty welcome then  
Hurrah! Hurrah!  
The men will cheer  
and the boys will shout  
The ladies they will all turn out  
And we'll all feel gay,  
When Johnny comes marching home.

### The Star Spangled Banner

Oh, say, can you see,  
by the dawn's early light,  
What so proudly we hail'd at the  
twilight's last gleaming?  
Whose broad stripes and bright stars,  
thro' the perilous fight,  
O'er the ramparts we watch'd,  
were so gallantly streaming?  
And the rockets' red glare,  
the bombs bursting in air,  
Gave proof thro' the night  
that our flag was still there.  
O say, does that star-spangled banner  
yet wave  
O'er the land of the free and  
the home of the brave?

### **Anchors Aweigh**

Stand Navy out to sea  
Fight our battle cry  
We'll never change our course  
So vicious foe steer shy-y-y  
Roll out the T. N. T.  
Anchors Aweigh  
Sail on to victory and  
Sink their bones to Davy Jones.  
Hooray!

Yo ho there shipmate  
Take the fighting to the far-off seas  
Yo ho there messmate  
Hear the wailing of the wild banshees  
All hands, fire brands  
Let's Blast them as we go. So...

Anchors Aweigh my boys,  
Anchors Aweigh.  
Farewell to college joys  
We sail at break of day day day day  
Through our last night on shore.  
Drink to the foam  
Until we meet once more  
Here's wishing you a  
happy voyage home!

Heave a ho there sailor  
Everybody drink up while you may  
Heave a ho there sailor  
For your gonna sail at break of day  
Drink away, Drink away,  
For you sail at break of day. Hey!

Anchors Aweigh my boys,  
Anchors Aweigh.  
Farewell to college joys  
We sail at break of day day day day  
Through our last night on shore.  
Drink to the foam.  
Until we meet once more  
Here's wishing you a happy voyage  
home!

### **U.S. Field Artillery Song**

Over hill, over dale,  
as we hit the dusty trail  
And those caissons go rolling along.  
In and out, hear them shout,  
"Counter march and right about,"  
And those caissons go rolling along.  
Then it's Hi! Hi! Hee!  
in the Field Artillery.  
Shout out for your orders  
loud and strong!  
Where-e'er you go  
you will always know  
That those caissons are rolling along  
(Keep them rolling)  
And those caissons go rolling along.

### **U.S. Air Force Song**

Off we go into the wild blue yonder,  
Climbing high into the sun;  
Here they come zooming to meet  
our thunder,  
At 'em boys, Give 'er the gun!  
(Give 'er the gun now!)

Down we dive,  
spouting our flame from under,  
Off with one helluva roar!  
We live in fame or go down in flame.  
Hey!  
Nothing'll stop the U.S. Air Force!

### **U.S. Coast Guard Theme**

From Aztec shore to Arctic zone,  
To Europe and Far East,  
The Flag is carried by our ships,  
In times of war and peace.  
And never have we struck it yet,  
In spite of foe-men's might,  
Who cheered our crews and  
cheered again,  
For showing how to fight.

We're always ready for the call,  
We place our trust in Thee.  
Through howling gale and shot  
and shell,  
To win our victory.  
"Semper Paratus" is our guide,  
Our pledge, our motto, too.  
We're "Always Ready," do or die!

### **The Marines' Hymn**

From the Halls of Montezuma  
To the shores of Tripoli  
We fight our country's battles  
In the air, on land and sea.

First to fight for right and freedom  
And to keep our honor clean;  
We are proud to claim the title of  
United States Marine.

Our flag's unfurled to every breeze  
from dawn to setting sun.  
We have fought in every clime  
and place,  
where we could take a gun.

In the snow of far off northern lands  
and in sunny tropic scenes,  
You will find us always on the job,  
The United States Marines.

Here's health to you and to our Corps  
which we are proud to serve.  
In many a strife we've fought for life  
and never lost our nerve.

If the Army and the Navy  
ever look on heaven's scenes,  
they will find the streets are guarded by  
United States Marines.

### **Taps**

Day is done  
Gone the sun  
From the lakes  
From the hills  
From the sky  
All is well  
Safely rest  
God is nigh.

# Songs

## Grand Old Flag

You're a grand old flag,  
You're a high flying flag  
And forever in peace may you wave.  
You're the emblem of  
The land I love.  
The home of the free and the brave.  
Ev'ry heart beats true  
'neath the Red, White and Blue,  
Where there's never a boast or brag,  
Should auld acquaintance be forgot,  
Keep your eye on the grand old flag.

## Yankee Doodle Boy

I'm a Yankee Doodle Dandy  
A Yankee Doodle, do or die,  
A real live nephew of my Uncle Sam  
Born on the Fourth of July.  
I've got a Yankee Doodle sweetheart,  
She's my Yankee Doodle joy.  
Yankee Doodle came to London  
Just to ride the ponies  
I am the Yankee Doodle Boy.

## Yankee Doodle

Father and I went down to camp  
Along with Captain Gooding,  
And there we saw the men and boys  
As thick as hasty pudding.

Chorus (sing after each stanza):

Yankee doodle, keep it up,  
Yankee doodle dandy.  
Mind the music and the step  
And with the girls be handy.

There was Captain Washington  
Upon a slapping stallion  
Agiving orders to his men  
I guess there was a million.

And then the feathers on his hat  
They looked so 'tarnal fin-a,  
I wanted pockily to get  
To give to my Jemima.

And then we saw a swamping gun  
Large as a log of maple,  
Upon a deuced little cart  
A load for father's cattle.

And every time they shoot it off  
It takes a horn of powder.  
It makes a noise like father's gun  
Only a nation louder.

I went as nigh to one myself  
As 'Siah's underpinning  
And father went as nigh agin  
I thought the deuce was in him.

We saw a little barrel, too.  
The heads were made of leather.  
They knocked upon it with little clubs  
And called the folks together.

And there they'd fife away like fun  
And play on cornstalk fiddles  
And some had ribbons red as blood  
All bound around their middles.

The troopers, too, would gallop up  
And fire right in our faces.  
It scared me almost to death  
To see them run such races.

Uncle Sam came there to change  
Some pancakes and some onions  
For 'lasses cake to carry home  
To give his wife and young ones.

But I can't tell half I see  
They kept up such a smother.  
So I took my hat off, made a bow  
And scampered home to mother.

Cousin Simon grew so bold  
I thought he would have cocked it.  
It scared me so I streaked it off  
And hung by father's pocket.

And there I saw a pumpkin shell  
As big as mother's basin,  
And every time they touched it off  
They scampered like the nation.

And there was Captain Washington,  
With gentlefolks about him,  
They say he's gown so 'tarnal proud  
He will not ride without them.

There came Gen'ral Washington  
Upon a snow-white charger.  
He looked as big as all outdoors  
And thought that he was larger.

## This Land Is Your Land

©1956 (renewed 1984), 1958 (renewed 1986) and  
1970 TRO-Ludlow Music, Inc. (BMI)

This land is your land,  
this land is my land  
From California to the New York Island  
From the Redwood Forest  
to the Gulf Stream Water  
This land was made for you and me.

When I went walking  
That ribbon of highway  
I saw above me  
The endless skyway.  
I saw below me  
The golden valley  
This land was made for you and me.

This land is your land...

## Down In The Valley

Down in the valley, valley so low  
Hang your head over,  
hear the wind blow.  
Hear the wind blow, dear,  
hear the wind blow  
Hang your head over,  
hear the wind blow.

Roses love sunshine, violets love dew  
Angels in heaven know I love you  
Know I love you, dear, know I love you  
Angels in heaven, know I love you.

Writing this letter,  
containing three lines  
Answer my question,  
"Will you be mine?"  
"Will you be mine, dear,  
will you be mine?"  
Answer my question,  
"Will you be mine?"

### **Polly Wolly Doodle**

Oh, I went down south  
for to see my Sal.  
Singing Polly Wolly Doodle all the day.  
My Sally is a spunky gal.  
Singing Polly Wolly Doodle all the day.  
Fare thee well, (clap, clap)  
Fare thee well, (clap, clap)  
Fare thee well, my fairy fay.  
For I'm goin' to Louisiana,  
For to see my Susyanna.  
Sing Polly Wolly Doodle all the day

My Sal, she is a maiden fair,  
Singing Polly Wolly Doodle all the day.  
With curly eyes and laughing hair,  
Singing Polly Wolly Doodle all the day.  
Farethee well, (clap, clap)  
Fare thee well, (clap, clap)  
Fare thee well, my fairy fay.  
For I'm goin' to Louisiana,  
For to see my Susyanna.  
Singing Polly Wolly Doodle all the day.

### **Oklahoma!**

Oklahoma,  
where the wind comes sweepin'  
down the plain  
And the wavin' wheat  
can sure smell sweet  
When the wind comes right  
behind the rain.  
Oklahoma,  
Ev'ry night my honey lamb and I  
Sit alone and talk and watch a hawk  
Makin' lazy circles in the sky.

We know we belong to the land  
And the land we belong to is grand!  
And when we say  
Yeeow! Ayipioeeay!  
We're only sayin'  
You're doin' fine, Oklahoma!  
Oklahoma O.K.

### **Shenandoah**

Oh Shenandoah! I long to hear you,  
Way-aye, you rolling river  
Across that wide and rolling river.  
A way—we're bound away  
'cross the wide Missouri!

### **Home on the Range**

Oh, give me a home  
Where the buffalo roam,  
Where the deer and the antelope play;  
Where seldom is heard  
A discouraging word  
And the skies are not cloudy all day.

Home, home on the range  
Where the deer and the antelope play.  
Where seldom is heard  
a discouraging word  
And the skies are not cloudy all day.

How often at night  
When the heavens are bright  
With the lights from the glittering stars,  
Have I stood there amazed  
And asked as I gazed  
If their glory exceeds that of ours.

Oh, give me a land  
Where the bright diamond sand  
Flows leisurely down the stream;  
There the graceful, white swan  
Goes gliding along  
Like a maid in a heavenly dream.

Where the air is so pure,  
The zephyrs so free,  
The breezes so balmy and light,  
That I would not exchange  
My home on the range  
For all of the cities so bright.

Oh, I love those wild flowers  
In this dear land of ours,  
The curlew I love to hear scream,  
And I love the white rocks  
And the antelope flocks  
That graze on the mountain-tops green.

### **Simple Gifts**

'Tis a gift to be simple  
'tis a gift to be free  
'Tis the gift to come down where we  
ought to be.  
And when we find ourselves  
in the place just right  
'Twill be in the valley of love  
and delight.  
When true simplicity is gained  
To bow and to bend we shan't be  
ashamed.  
To turn, turn will be our delight  
Til by turning, turning we come  
'round right.

### **Amazing Grace**

Amazing Grace, how sweet the sound,  
That saved a wretch like me.  
I once was lost but now am found,  
Was blind, but now, I see.

### **We Shall Overcome**

We shall overcome  
We shall overcome  
We shall overcome some day.

Oh deep in my heart  
I do believe  
We shall overcome some day.

We'll walk hand in hand...  
We shall all be free...  
We are not afraid...  
We are not alone...  
The whole wide world around...  
We shall overcome...

### **Swing Low, Sweet Chariot**

Swing low, sweet chariot,  
Comin' for to carry me home!  
Swing low, sweet chariot,  
Comin' for to carry me home!

I looked over Jordan and  
what did I see,  
Comin' for to carry me home!  
A band of angels comin' after me,  
Comin' for to carry me home!

Swing low, sweet chariot...

# Songs

## Coming 'Round the Mountain

She'll be coming 'round the mountain  
When she comes, when she comes  
She'll be coming 'round the mountain  
When she comes,  
She'll be coming 'round the mountain,  
She'll be coming 'round the mountain,  
She'll be coming 'round the mountain  
When she comes.

She'll be huffin' and a-puffin'  
When she comes...

Oh, we'll all come out to meet her  
When she comes...

We will kill the old red rooster.  
When she comes...

## I've Been Working on the Railroad

I've been working on the railroad  
All the livelong day  
I've been working on the railroad  
Just to pass the time away  
Can't you hear the whistle blowing  
Rise up so early in the morn  
Can't you hear the captain shouting  
Dinah, blow your horn  
Dinah, won't you blow  
Dinah, won't you blow  
Dinah, won't you blow your horn  
Dinah, won't you blow  
Dinah, won't you blow  
Dinah, won't you blow your horn

Someone's in the kitchen with Dinah  
Someone's in the kitchen I know  
Someone's in the kitchen with Dinah  
Strumming on the old banjo,  
and singing  
Fie, fi, fiddly i o; Fie, fi, fiddly i o  
Fie, fi, fiddly i o—  
Strumming on the old banjo.

## Clementine

In a cavern, in a canyon,  
Excavating for a mine  
Dwelt a miner forty niner,  
And his daughter Clementine

Oh my darling, oh my darling,  
Oh my darling, Clementine!  
Thou art lost and gone forever  
Dreadful sorry, Clementine

Light she was and like a fairy,  
And her shoes were number nine,  
Herring boxes, without topses,  
Sandals were for Clementine.

Drove she ducklings to the water  
Ev'ry morning just at nine,  
Hit her foot against a splinter,  
Fell into the foaming brine.

Ruby lips above the water,  
Blowing bubbles, soft and fine,  
But, alas, I was no swimmer,  
So I lost my Clementine.

How I missed her! How I missed her,  
How I missed my Clementine,  
But I kissed her little sister,  
I forgot my Clementine.

## Blowin' in the Wind

How many roads must a man walk down  
Before you call him a man?  
Yes, 'n how many seas  
must a white dove sail  
Before she sleeps in the sand?  
Yes, 'n how many times  
must the cannon balls fly  
Before they're forever banned?  
The answer, my friend,  
is blowin' in the wind,  
The answer is blowin' in the wind.

How many times must a man look up  
Before he can see the sky?  
Yes, 'n how many ears  
must one man have  
Before he can hear people cry?  
Yes, 'n how many deaths will it take  
till he knows  
That too many people have died?  
The answer....

How many years can a mountain exist  
Before it's washed to the sea?  
Yes, 'n how many years  
can some people exist  
Before they're allowed to be free?  
Yes, 'n how many times  
can a man turn his head,  
Pretending he just doesn't see?  
The answer....

### **Somewhere Over the Rainbow**

Somewhere over the rainbow  
Way up high  
There's a place that I heard of  
Once in a lullabye

Somewhere over the rainbow  
Skies are blue  
And the dream that you dare to dream  
Really does come true

One day I wish upon a star  
And wake up where the clouds are far  
    behind me  
Where troubles melt like lemondrops  
Way upon the chimney tops  
That's where you'll find me

Somewhere over the rainbow  
Blue birds fly  
Birds fly over the rainbow  
Why, oh why can't I?  
Where troubles melt like lemondrops  
Way upon the chimney tops  
That's where you'll find me

Somewhere over the rainbow  
Blue birds fly  
Birds fly over the rainbow  
Why, oh why can't I?

### **God Bless America**

*You may wish to stand.*

God bless America, land that I love

Stand beside her and guide her

Through the night with the light from above

From the mountains to the prairies,

To the ocean white with foam

God bless America,

My home sweet home.

God bless America,

My home sweet home.

*Irving Berlin wrote "God Bless America" in 1938 for Kate Smith to sing on her regular radio show. First broadcast November 11, 1938. "God Bless America" quickly became her signature song and one of America's most loved patriotic songs.*

## Appendix/ An Alternative Thanksgiving Ceremony [10 Minutes!]

*Participants should take turns reading as indicated.*

*Leader/Host:* Thanksgiving is a day for thanking and remembering, a day to pause and reflect on how and why we are Americans. Some of us are here today because our forefathers fled from oppression in other lands. Some wanted a chance to better themselves and give their families more than they or their ancestors had. Some were enslaved and brought here against their will. Others, the Native Americans, have been here for thousands of years. Sometimes they helped and sometimes they fought the newcomers to their native land. But all of us give thanks today because we are free and proud to be Americans. Our freedom is precious. The founders of our country fought for it. They sacrificed time, money, and sometimes their lives so that they and future generations could live in a land dedicated to freedom of speech, religion, and conscience. To truly appreciate our special American gifts it is helpful to understand the values that inspired the founders of the United States, and their vision of how our government should work.

**ALL:** The Declaration of Independence.

*Leader:* This was the document that Thomas Jefferson wrote and our Founding Fathers adopted on July 4, 1776, to declare a new nation that embraced freedom and justice for all.

**ALL: When in the Course of human events**

**Reader: it becomes necessary for one people to dissolve the political bands which have connected them with another**

**Reader: and to assume among the powers of the earth,**

**Reader: the separate and equal station to which the Laws of Nature and of Nature's God entitle them,**

**Reader: a decent respect to the opinions of**

**mankind requires that they should declare the causes which impel them to the separation.**

**ALL: We hold these truths to be self-evident:**

**Reader: that all men are created equal**

**Reader: that they are endowed by their Creator with certain unalienable Rights**

**Reader: that among these are Life, Liberty and the pursuit of Happiness.**

**Reader: That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed...**

**Reader: it is the Right of the People to...institute new Government....**

**Reader: And for the support of this Declaration**

**Reader: with a firm reliance on the protection of divine Providence,**

**ALL: we mutually pledge to each other our Lives, our Fortunes and our sacred Honor.**

*Leader:* Our country's founders believed that God, as the creator of the universe, intended for all men to be free. They believed that all citizens are entitled to the freedom to express and to better themselves, as long they work together for the mutual benefit of all.

*Reader:* Freedom demands that we take responsibility for ourselves and for our community. It means knowing when to put aside personal and selfish goals for the public good.

*Reader:* A good government reflects the will of the people. It does not impose the will of a few over the many.

**ALL:** The Constitution.

*Leader:* Ratified by nine of the thirteen states on July 21 Ratified by nine of the thirteen states on July 21, 1789, the Constitution tells us how the founders planned for our country to work and how future generations could change that plan. The Constitution is a contract between the people and

## Appendix/ **An Alternative Thanksgiving Ceremony [10 Minutes!]**

the leaders we elect. It guarantees that we will live in a society ruled by the laws we create through our elected representatives.

*Reader:* The Constitution distributes the powers of government across the legislative, executive and judicial branches. The system is designed with checks and balances to ensure that all sides are heard in a national debate. It also prevents any one branch of government from having too much power

**ALL: We the People of the United States**

*Reader: in Order to form a more perfect Union*

*Reader: establish Justice, insure domestic Tranquillity, provide for the common defense*

*Reader: promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity*

**ALL: do ordain and establish this Constitution for the United States of America.**

*Reader:* Article I establishes the legislative branch, called the Congress, comprised of the Senate and the House of Representatives. Congress creates the laws that rule our country.

*Reader:* Article II establishes the executive branch comprised of the President, Vice President, and Cabinet departments. The President signs or vetoes the laws Congress passes and is chief commanding officer of the country's armed forces.

*Reader:* Article III establishes the judiciary branch, or the court system, which sets the Supreme Court as the highest court in the land. The judiciary branch decides whether laws are constitutional and guarantees due process and justice for all when laws have been broken.

*Reader:* Article IV requires that states respect the laws of other states as long as they do not violate the laws of the nation.

*Reader:* Article V allows amendments to the Constitution provided that two-thirds of the members of Congress favor the change. But the

people have the final say. Through our elected representatives, a majority of the states must approve an amendment in order to make it a permanent addition to the Constitution.

*Reader:* Article VI guarantees that the United States of America will honor all the debts and treaties the country had entered into before adopting the Constitution.

*Reader:* Article VII makes the Constitution the law of the land upon ratification by nine state conventions.

*Reader:* The legislators who passed the Constitution understood that it did not sufficiently protect individual rights. So they used Article V to create the Bill of Rights.

*Reader:* Some of the ideas in the Bill of Rights came from our founders' experience under British rule. Others came from thinking about the new kind of nation they wanted to create. The Bill of Rights consists of 10 amendments to the Constitution, and was passed by the Second Continental Congress on December 15, 1791.

*Reader:* Amendment I guarantees freedom of religion, conscience, speech and the press, and protects the right of the people to assemble peacefully and petition the government for changes in our law.

*Reader:* Amendment II establishes the right of the people to keep and bear arms.

*Reader:* Amendment III requires a homeowner's consent to house soldiers during peacetime and requires special laws to change this rule during war.

*Reader:* Amendment IV protects the people against unreasonable police searches and seizures without an advance warrant.

*Reader:* Amendments V, VI, VII and VIII describe the conditions for a fair trial: no one can be forced to testify against himself; no one can be tried twice for the same criminal offence or be jailed or

## Appendix/ An Alternative Thanksgiving Ceremony [10 Minutes!]

convicted without due process. Speedy and public trials with an impartial jury along with the right to have legal defense counsel and confront witnesses are guaranteed. Excessive bail, excessive fines, or “cruel and unusual punishments” are prohibited.

*Reader:* Amendment IX ensures that the rights of the people defined in the Constitution do not limit other rights of the people not included in the document. Recent court rulings say that this amendment establishes the individual’s right to privacy.

*Reader:* Amendment X gives all powers not expressly given to the United States, or prohibited to the States by the Constitution, to the States or to the people.

*Reader:* Seventeen more amendments have been added over the years. Everyone isn’t happy with every amendment, but for a democratic society to be strong and to survive, everyone has to agree to obey the law. This is the strength of America: We live by the rule of law.

*Leader:* We give thanks that those gathered here today had the freedom to travel here, without permits, or any other government interference.

*Reader:* We give thanks that we can say what we want to say, without looking over our shoulders or worrying that we are being reported.

*Reader:* We give thanks that we can vote for someone to represent us so that we can all have a voice in America.

*Leader:* On this day of Thanksgiving and remembering, we recall these blessings and more as we join together to sing the Star Spangled Banner, our national anthem. (America the Beautiful, My Country Tis of Thee or God Bless America might also be sung here as well.)

*Together, we stand and sing:*

THE STAR SPANGLED BANNER

*Oh, say, can you see,*

*by the dawn’s early light,*

*What so proudly we hailed at the twilight’s last gleaming?*

*Whose broad stripes and bright stars,*

*through the perilous fight,*

*O’er the ramparts we watched,*

*were so gallantly streaming?*

*And the rockets’ red glare,*

*the bombs bursting in air,*

*Gave proof through the night*

*that our flag was still there.*

*O say, does that star-spangled banner*

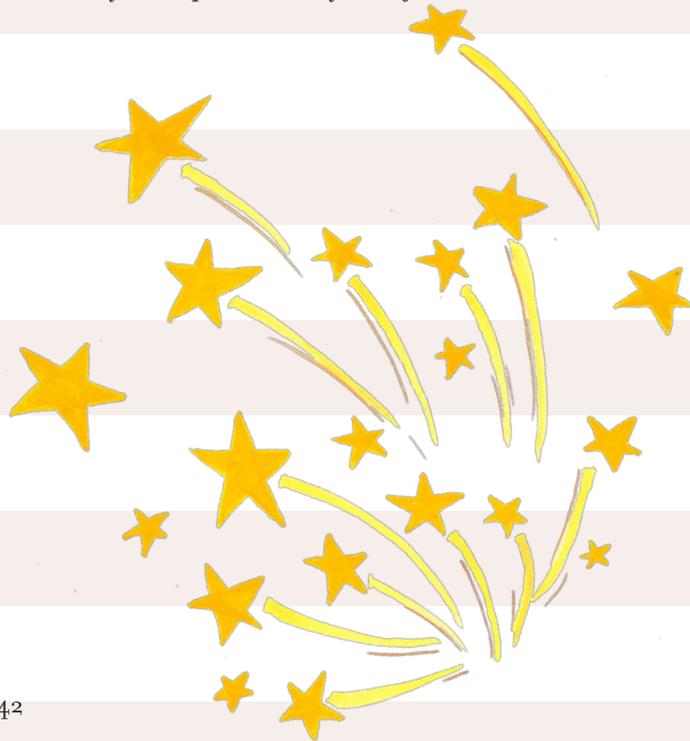
*yet wave*

*O’er the land of the free and*

*the home of the brave?*

*Leader:* Today we celebrated Thanksgiving by talking about what it means to be an American. May our conversation inspire us throughout the year. May it be another year of blessings:

**ALL:** A year of peace, liberty, and justice for all!



## Appendix/ A How-To for the Host and Leader

Additional suggestions and ideas for enhancing your Thanksgiving Feast

### Preparing Your Table

Thanksgiving is a holiday that celebrates the harvest season.

Consider using pumpkins, apples, cranberries, nuts, fall leaves, and flowers to **decorate** your table.

Place the empty **cornucopia** at the center of the table and place the cornucopia foods around the table.

Put a program at each place.

If **young children** will be coming, consider putting crayons and drawing paper at the table or ask them to bring decorations.

Ask each participant to bring a **dollar bill** to the table or provide one at each place.

Since most of the ceremony takes place before the main meal, set out **appetizers** on the table for participants to snack on.

### More Ideas: Thanks Giving

**Option #1:** Each participant lifts a chrysanthemum as he or she speaks, then places it in the vase that serves as a centerpiece on the table.

**Option #2:** Ask children in advance to make a drawing of something they are thankful for and to share it at this time.

**Option #3:** Ask someone in the family to write or to bring a special Thanksgiving poem or prayer.

**Option #4:** Begin with the leader, who says: "I am thankful for America's \_\_\_\_\_." Fill in the blank with a value, idea, or thing that begins with A. Next person to the left repeats what the first person said and adds a new value, idea, or thing beginning with B. The third person repeats the first and second listings and adds a C listing. Example: artists, basketball, cities. If there are guests, ask everyone to add his or her first name: I'm Susan and I give thanks for America's....

### More Ideas: The Cornucopia

**Option #1:** An African-American family may choose to fill the cornucopia with foods that represent their journey in America from the cruelty of slavery to the reality of freedom and write special entries that reflect their experience. Families with a specific ethnic or religious background may wish to make similar changes.

**Option #2:** Choose a different people each year and ask someone to create a cornucopia ceremony to highlight that group's American experience.

**More Ideas:**

**More on Native Americans**

Visit this comprehensive guide to Native American histories and Native American facts. It has resources for parents, kids and teachers and includes an extensive list of links for individual tribes. [www.kidinfo.com/American\\_History/Native\\_Americans.html](http://www.kidinfo.com/American_History/Native_Americans.html)

**More Ideas: The Dollar Bill**

**Option #1:** Ask older members to recall stories around the first dollar bill that they ever earned.

**Option #2:** Topic for discussion: How does the way we choose to spend our money reflect our values and what we care about?

**For more information on the dollar bill, visit** [www.niehs.nih.gov/kids/triviadollar.htm](http://www.niehs.nih.gov/kids/triviadollar.htm)

**More Ideas: Our Gift**

Consider making a contribution to one or more of the following kinds of organizations, such as those:

- that provide legal aid to make sure that the rights of all Americans are protected;
- that advance civics education for Americans;
- that protect national landmarks and documents;
- that provide direct social services to those most in need.

You may choose to volunteer as a family on Thanksgiving Day or on the following day.

**For more on volunteering, visit** [volunteermatch.org](http://volunteermatch.org); [mygooddeed.org](http://mygooddeed.org); [dosomething.org](http://dosomething.org); [familycares.org](http://familycares.org); [networkforgood.org](http://networkforgood.org); [rootsandshoots.org](http://rootsandshoots.org).

See [www.freedomfeast.us/go-learn/](http://www.freedomfeast.us/go-learn/) for links to these and other Web sites.

**More Ideas:**

**Tribute to Creativity**

**Option #1:** Add your own category.

**Option #2:** Try to think of 4 to 5 people in each category. For instance, think of American men and women since 1776, different races and ethnic backgrounds, different areas of expertise or means of expression: sculptors, painters and photographers for the artists category; or baseball, basketball, football, and golf legends for athletes.

**Option #3:** Consider limits to make the tribute more playful and challenging. One year you might decide that all the suggestions must begin with A; or include only people who lived in the 19th century.

**Option #4:** Keep a copy of your list this year and add to it next year.

**Option #5:** Ask someone to prepare in advance and teach participants about an American they admire.

**Option #6: Please share your new ideas with us at [freedomfeast.us](http://freedomfeast.us) and let others benefit from your creativity!**

### Your Own American Story: A Meal-Time Activity

Many people enjoy the free flow of meal-time conversation. Or you may choose to use this time, or some other time over Thanksgiving weekend, to recount your own American stories. The exercises below are designed to help your family uncover and record your own Coming-to-America stories. Please choose the ones that seem most relevant. Others may occur to you as you proceed. Storycorps.org also has wonderful tools for helping families tell their stories.

#### Option #1:

Consider making a permanent record of your family story as the oldest child at the table asks these questions of the oldest adult during the meal. Or ask kids to use these questions to interview elders in advance of Thanksgiving and then share what they learned. Possible questions are:

1. Who came to America first?
2. Where did they come from?
3. When?
4. Why did they come?
5. How did they get here?
6. Did they tell you anything about life before coming to America? If so, what?
7. Did they come with anyone? Who? Why?
8. Where did they settle? Why?
9. Did anyone help them?
10. What was it like at first?
11. How did life change over time?
12. How did they make a living at first? Later?
13. Did they join a church? Synagogue? Mosque? Other religious community?
14. Did they do volunteer work? If so, what? Why?
15. Did they serve in the military? In wartime?
16. Any love stories?
17. How did the family change as it became more American?

18. Any adventure stories you can re-tell?
19. What kind of educations did they have?
20. What did they value most about being American?
21. Do you have any mementos or photos of your ancestors?

**Option #2:** Ask participants to share stories about the people who are no longer at the table. Consider what America meant to them.

**Option #3:** If children interviewed members of the family, ask them to share what they learned.

**Option #4:** Enjoy and add to the family Thanksgiving album filled with family photos, stories, recipes, favorite dinner menus, and other mementos of Thanksgivings past. Add a page of family history each year, recalling important moments such as births, deaths, weddings, anniversaries, graduations, and achievements.

## Appendix / The Founding Fathers

**John Adams** was the leading advocate of American independence in the Continental Congress and helped further the cause by securing loans and treaties abroad during the war. He was our second President.

**Benjamin Franklin** served his country in many philanthropic, scientific, and diplomatic endeavors. He was one of the most respected men in America and abroad and used his status to rally fellow delegates to vote for independence in 1776 and to vote for the Constitution in 1787.

**Alexander Hamilton** was one of the most vocal advocates of the U.S. Constitution and key author of The Federalist Papers. He was our first Secretary of the Treasury.

**Patrick Henry**, the great orator and statesman from Virginia, was one of the leading advocates calling for a Bill of Rights to be added to the Constitution.

**Thomas Jefferson** drafted the Declaration of Independence, served as Secretary of State under George Washington, and was the third President of the United States.

**James Madison** was the chief thinker behind the Constitution, which is why he is known as the "Father of the Constitution." He was also the Fourth president of the United States.

**Thomas Paine** was a gifted pamphleteer whose writings helped inspire his fellow Americans in their fight for independence.

**George Washington** was the commander-in-chief of the colonial army that defeated the British Empire. Known as the Father of Our Country, he was our first President.

### We invite your comments:

Freedom's Feast  
1 South Street  
Suite 1000  
Baltimore, MD 21202 USA  
lee@freedomfeast.us  
www.freedomfeast.us

## The Story Behind This Project

Freedom's Feast is the combined vision of a noted philanthropist and author, leading scholars, educators, designers, and a host of "pioneer" participants who helped create the current civic on-line experience. It began as a flexible Thanksgiving ceremony first published in November, 2001 and distributed to over 4800 families. Today, Freedom's Feast, in addition to the original Thanksgiving ceremony, is a series of ten-minute on-line ceremonies and enrichment exercises designed to help families get the most out of their American holiday celebrations.

### History from 1991 to 2010

During the Persian Gulf War of 1991, friends Lawrence Neinstein, MD, and Dr. Ron Wolfson saw the need to add greater substance to the outpouring of patriotism surrounding the war effort. Larry and Ron began to consider how Thanksgiving could give families a way to celebrate our country's history and principles. A decade later, the tragic events of September 11, 2001 gave new urgency to the concept of gathering together and giving thanks for America's freedoms. With the help of Ron's friend, philanthropist and author Lee Meyerhoff Hendler, Freedom's Feast began to take shape. Lee and others believed that the ceremony should spring from America's foundational texts: the Declaration of Independence, the Constitution and the Bill of Rights. They also agreed that it should be engaging and fun, with opportunities for sharing, singing and learning together. The result, first published in November, 2001, is a customizable experience relevant to all families regardless of political party, ethnic background or religious beliefs.

Available on the Web since 2002, Freedom's Feast has quickly become a Thanksgiving tradition for thousands of families, civic and religious groups and schools. Inspired by the program, families now use the holiday as an occasion to tell the story of America, as well as their own American stories.

Over the years, Freedom's Feast has been privileged to work with many talented institutional partners: The Center for the Study of Democracy at St. Mary's College in Maryland, the National Constitution Center and the National Association of Parenting Publications of America.

In November 2008, Freedom's Feast partnered with The Children's Museum of Manhattan (CMOM) for CMOM's annual Thanksgiving programming. The response was so positive that CMOM and Freedom's Feast decided to expand their partnership to an entire year of holiday programming (beginning with July 4, 2009 and ending with Memorial Day 2010) with Thanksgiving as the cornerstone event. Freedom's Feast is now a series of fun, meaningful on-line ceremonies and exercises to help families get the most out of their American holiday celebrations. The new partnership initiative with CMOM is called "Raising Citizens."

For more details and special acknowledgments from 2001–2010 go to [www.freedomfeast.us/about-us/](http://www.freedomfeast.us/about-us/).

*We give thanks* to the following individuals. Without their advice and encouragement we could not have completed our original 2001 Thanksgiving pilot. Art Abramson, Reverend Bill Baxter, Taylor Branch, Bob Carter, Sid Chernick, Steven David, Rabbi David Fohrman, Ben Ginsberg, Lisa Goldberg, David Jackson, Robert Hieronimus, Zoh Hieronimus, Judy Meltzer, Joe Meyerhoff II, John Roemer, Terry Rubenstein, Rabbi Joel H. Zaiman. Larry gives special thanks to Lou Barak, his high school government teacher and uncle-in-law, who gave him the original inspiration for this project. Above all, we thank our families for their patience, interest and love. We give special thanks to John Cooke and Stuart King for their help with the 2002 version, and Zach Messitte, director of the Center for the Study of Democracy at St. Mary's College and Anne Fickling Brainard, assistant director of the Center for Civic Education for help with the 3rd edition. We are indebted to Stuart King for his continuous support and wise counsel and thank Dana Devon of the National Constitution Center and Sally Bishop from Episcopal Academy of Philadelphia for their support in 2004. We acknowledge with deep gratitude Craig Taubman's efforts in 2006 to create new marketing opportunities and a sponsoring partnership with NAPPA, the National Association of Parenting Publications of America. We appreciate the commitment of the talented marketing firm at Louder Than Words in 2007. It was an honor to work with the inspiring and creative team at CMOM so ably led by executive director Andy Ackerman.

Freedom's Feast: Thanksgiving, and the other Freedom's Feast on-line ceremonies to get the most out of your American holiday celebrations are funded in memory of Lyn P. Meyerhoff, patriot, passionate activist, and devoted public servant. She taught her children a deep love of our nation, a commitment to its rule of law, and a life-long appreciation for the liberty we have to improve life on earth.

LYN P. MEYERHOFF FUND, BALTIMORE, MARYLAND



Lee M. Hendler  
Principal Writer and Project Director  
Ellen Kahan Zager  
Designer/Editor  
Christine Marie Larsen  
Illustrator

Dorothea I. Wolfson  
Nelson H. Hendler, M.D.  
Lawrence Neinstein, M.D.  
Dr. Ron Wolfson  
Susie Wolfson  
Contributing Writers

Lee M. Hendler  
Lawrence Neinstein, M.D.  
Dr. Ron Wolfson  
Executive Editors

We are especially grateful to Ellen Kahan Zager, our graphic designer since the beginning, for her talent, commitment, and tireless dedication to this project. [www.ekzcreative.com](http://www.ekzcreative.com)

The illustrations featured from 2002-2008 were generously loaned to Freedom's Feast by Kit Hinrichs of Pentagram Design, San Francisco. The images of Mr. Hinrichs extensive collection of flag memorabilia came from Mr. Hinrichs's book, Long May She Wave: A Graphic History of the American Flag available through Amazon.com.

We thank our talented illustrator, Christine Marie Larsen, for the joyful, engaging images in our current design. We believe they capture the spirit of playful discovery we hope to inspire. [www.christinelarsen.com](http://www.christinelarsen.com)

We thank Will Davis of Right Source Marketing for his caring, patient and skillful Web management of this project in our early years. [www.rightsourcemarketing.com](http://www.rightsourcemarketing.com)