

Thanksgiving is just around the corner and it is a tradition that people express what they are thankful for on this day. The list of things that I am thankful is long but when I think harder about it there is something that I am thankful for that allows me to live my life and perform any number of large and small tasks throughout the day, and that is my body.

With its 206 bones the body is capable of many things. I am thankful that I have a completely able body that can move and stand upright and that I am not confined to the limits of a hospital bed or a wheel chair or that I'm not dependent on machine for oxygen. I am grateful that I have two legs that I can walk and enjoy a beautiful day and that I can run for miles and that I can dance, and believe me, if you grow up Catholic those legs are necessary to get through mass. I am thankful for two healthy lungs that allow me to breathe and that I can be a part of the beauty of the vocal art form. I have two hands to play piano with and shake people's hands with. Two arms to embrace my loved ones with, an adequate heart to keep me alive, a brain to think, two eyes to see, two ears to hear, a mouth that I can smile with and eat and drink with. Two lips to....well you know what those are for.

My body allows me to live. I remember the first time I saw an opera I was amazed that those ordinary people on stage could use their bodies in such an extraordinary way, and that Olympians can train their bodies to do awesome athletic events. Some people are not born with an able body, and some who are had their freedom taken away by one car accident, one injury, one mishap. I know that someday that I will grow old and my body will begin to slow down. I watched my grandfather's body shut down for months before he passed away. There was an episode of how I met your mother when Marshall asks Ted "...if you knew that you were going to lose your leg tomorrow, would you sit on the couch and cry about it, or would you run, and jump, and do some awesome air kicks while you still could.."

So, my ending question for you is why sit when you can stand, why drive your car where you can walk, why awkwardly stand by the wall when you could be dancing, and why lip-sinc when you can sing.....even if it's horribly out of tune.

My name is Brandon Mennenoh and I believe in the human body.