*"Forasmuch as it is the indispensable duty of all men to adore the superintending Providence of Almighty God; to acknowledge with gratitude their obligation ot Him for benefits received and to implore Him in His abundant mercy not only to continue to us the innumearable bounties of His common Providence...*

*It is therefore recommended to the legislative or executive powers of these Uinited States, to set apart Thursday, the eighteenth day of December next, for the solumn thansgiving and praise..."*

("First National Proclamation of Thanksgiving," November 1, 1777)

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The Continental Congress was the governing body of the United States from 1774 to 1789, during the American Revolution and before the adoption of the United States Constitution, which established the U.S. Congress.