



GRATITUDE

How blessed you are to be employed as you are in such holy actions! I am sure that you will not fail to thank Our Lord for this so that the greatness of this grace will not be an occasion of reproach for you.

Spiritual Writings. Pg. 441 L. 398

Dawn is the birth of a new day and an opportunity for entering into sacred communion with our Creator. Each morning is an opportunity to thank the Creator for our life and the persons in our life, and for acknowledging and appreciating our gifts and talents and remembering where they came from.

Become quiet within yourself. Breathe in and out deeply to become more relaxed. Centre yourself on God who is with you.

- Give thanks for the people who are closest to you in life. Hold them in your heart for a moment and give thanks to God for each one.
- Give thanks for the people with whom you work, especially the ones with whom you work most closely. Hold them in your heart for a moment and give thanks to God for each one.
- Give thanks for any special blessings you have received this past year. Hold these in your heart for a moment and give thanks to God for each one.