

## October 11 Questions To Consider

1. What are some things that you are grateful for? Can you list five things? Ten? What about fifteen?
2. What are some areas in which you are struggling with gratitude? What is eclipsing or obscuring your way to gratitude. If you push into some of this, do you find places of gratitude?
3. Think of one or two people that you feel grateful for. In this moment, drop them a text or an email or give them a call and tell them that you are grateful for them. Even with just one sentence.
4. If you are looking for a project to help neighbours across the city, we are partnering with EGADZ to put together items such as sleeping bags backpacks, also a number of toiletries are needed. IF this is something you'd like to help with, there is a list of needed items under the link to this liturgy. If you can drop them off by Wednesday that would be fantastic. You can also contact Kari with questions or for more information.
5. Take a moment to pray the following prayer – maybe use it a few times this week...

God, there are days we do not feel grateful.  
When we are anxious or angry.  
When we are alone.  
When we do not understand what is happening in the world,  
or with our neighbours.

We struggle to feel grateful.

God will you help us to find gratitude.  
Help us to see life as a gift from you,  
from the unfolding work of all creation.  
Help us choose to be grateful for the earth from which our food comes;  
for the water that gives life; and for the air we all breathe.

May we see the whole planet as our shared commons,  
the public stage of the future of humankind and creation.  
May we see grace, free and unmerited love,  
the giftedness of life everywhere,  
as the tender web of all creation.  
And may we pass gratitude onto the world.

We give thanks, with strong hands and courageous hearts. And we ask you to  
strengthen us in this resolve. Here, now, and into the future.  
Amen.