

Thankful The Juicebox Jukebox

Everybody gets a heart
Everybody gets a soul
Everybody gets a mind
To let them know
That we can be smart
And we can be kind
And we can be living by giving and loving all the time

So on the days when it's feeling tough
And it seems like you don't have enough, well
Let's be thankful for our friends and family
And grateful for the air that we breathe
And appreciate everything that we have today (hey)
Let's be generous to anyone who has less than us
It's good to be compassionate
'Cause ever since the day you were born, yeah
You've got a lot to be thankful for
Yeah, we've got a lot to be thankful for

Everybody gets the land
And everybody gets a seed
So everybody lend a hand
To those in need
'Cause we can be nice (we can be nice)
We can all share
And we can keep be growing together
It's better when everyone cares

So, what are you thankful for?
I'm thankful for my family (I am thankful for my neighbors)
I'm thankful for my dog (I am thankful for the food I have to eat)
I'm thankful for my heart (I am thankful for my grandma and grandpa)
I'm thankful for my teacher (I am thankful for my house)
We're thankful for the Earth

Prayer Leader:
Mary Beth Marquard, HM
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Giving gratitude without restraint



Our prayer is characterized by silence ~

Be still and know that I am God!

In that silence we listen for a new word.
God is present in all our lives.
God cares for us, and
our life experiences are a source
of deepening knowledge of God and self.

Inspired by God's Word in the silence
we share from our hearts.

Renew · Refresh · Refocus

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TO PONDER: Joan Chittister,
The Breath of the Soul

Gratitude is not only the posture of praise but it is also the basic element of real belief in God. When we bow our heads in gratitude, we acknowledge that the works of God are good. We recognize that we cannot, of ourselves, save ourselves. We proclaim that our existence and all its goods come not from our own devices but are part of the works of God. Gratitude is the alleluia to existence, the praise that thunders through the universe as tribute to the ongoing presence of God with us even now.

Without a doubt, unstinting gratitude saves us from the self-sufficiency that leads to forgetfulness of God. Praise is not an idle virtue in life. It says to us, "Remember to whom you are indebted. If you never know need, you will come to know neither who God is nor who you yourself are."



READING: Beverly Lanzetta,
A Canticle of Dawn

Miracle of sun
Mystery of cell
Glorious body
Blessed are you!

Mother of matter
Radiant of flesh
Within you, Spirit
Dwells on Earth!

House of wisdom
Resilient of heart
Teach me compassion
To love all!

Earth is my body
Spirit my soul
Mystery unending
Joy of great light!

Holy comes the Dawn
Grant me this day
the strength of your path
the courage of truth
the practice of non-harm
the alleviation of suffering
the passion to find you
in all things.
Amen.

Sharing...
a word...
a phrase...
a reflection...