

# Grateful

Nirno Patel &  
Daniel Nahmod

All that I am  
All that I see  
All that I've been  
and all that I'll ever be  
Is a blessing  
It's so amazing  
And I'm grateful for it all,  
for it all

Everything I am  
And everything I see  
Everything I hope  
And everything I dream  
Everything I feel  
And everything I be  
I look deep down  
And feel all the blessings  
I'm grateful for it all  
It's amazing

All that I am All that I see  
All that I've been  
and all that I'll ever be  
Is a blessing  
It's so amazing  
And I'm grateful for it all,  
for it all

You're the blessings that exist  
The small things that are bliss  
The gift to realize that  
Everything is a gift

Prayer Leader:

*Ginny Drotar*

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# Gratitude Without Conditions



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.

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*To Ponder: Joe Primo*  
*"The Fearless Dive: Grateful Without Conditions"*

*"Joy is the happiness for which the human heart longs, a lasting happiness, a happiness that does not depend on what happens. Unhappiness always results from wanting one thing while Life is giving us something different."*

*Br. David Steindl-Rast*

Have you ever had a day, a moment, or an experience where you thought to yourself, *this would be perfect if...*? We often wish away the joy that is in front of us by placing expectations and conditions on being grateful. These conditions usually include some common words: *should, if, but, could, and when*. These conditions also include internal factors like shame, guilt, and unworthiness. Conditions that inhibit gratefulness also inhibit joy. While joyfulness is not an easy path neither is joylessness. Indeed, there are all too many opportunities to be joyless thanks to grief, trauma, tragedy, illness, the oppression of racism and economic disparities, politics, environmental destruction, and on and on.

Absolutely, you can set perimeters for your joy and decide you'll lean into it only once all conditions are met to your hopes and wishes. ...when all energy is renewable energy, racism is eliminated, socio-economic disparities are eradicated, no one you love dies before you, your body holds strong until your 101st birthday, and humans finally figure out that everyone belongs and is worthy of dignity and love. Yes, of course, you can wait for these external variables — these conditions — which you cannot control or change. But I wonder about all you will miss as you wait for the right conditions. I wonder where you'll find bliss.

Suffering is ever-present. Joy is ever-present. They are here together and always will be. So how will you live within this reality with gratitude?

*Reading: Melody Beattie*  
*"Gratitude" (adapted)*

Gratitude unlocks the fullness of life.  
It turns what we have into enough, and more.  
It turns denial into acceptance,  
chaos into order, confusion into clarity.  
It can turn problems into gifts,  
failure into success,  
the unexpected into perfect timing  
and mistakes into life-giving events.  
It can turn a meal into a feast,  
a house into a home  
and a stranger into a friend.  
Gratitude makes sense of our past,  
brings peace for today  
and creates a vision for tomorrow.  
The small things that are bliss  
The gift to realize that  
Everything is a gift

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