

Grateful St. Finnikin

I am grateful, full to the brim, I am I am
I am grateful, more than I've ever been
We are so grateful full to the brim
I am I am I am
I am grateful more than I've ever been
Yes I am

Grateful I woke up again,
woke up and took a breath again Yahweh
looked up and saw the sun again
I'm grateful for the eyes I have
I'm moving on my toes again
I'm grateful for the wind against my face
I'm grateful for the sensations
For loved ones embrace

I'm grateful for lemon juice against my lips
I'm grateful I can smile when I'm tasting it

I am grateful, full to the brim, I am I am
Yes I'm grateful, more than I've ever been
It's true, It's true

Prayer Leader

Julie Sullivan

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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.

14812 Lake Ave, Lakewood, OH 44107 | 216.228.7451
centeringspacelakewood@gmail.com | www.centeringspace.org

An Interfaith Ministry of the Sisters of Charity of St. Augustine

To Ponder: Desmond Tutu, Dalai Lama XIV, et al.
The Book of Joy

Gratitude is the recognition of all that holds us in the web of life and all that has made it possible to have the life that we have in the moment that we are experiencing. Thanksgiving is a natural response to life and may be the only way to savor it. Both Christian and Buddhist traditions, perhaps all spiritual traditions, recognize the importance of gratitude. It allows us to shift our perspective as a Dalai Lama, and the archbishop counseled, toward all we have been given, and all we have. It moves us away from the narrow minded, focus on fault and lack into the wider perspective of benefit and abundance.

The Dalai Lama's ability to be grateful for the opportunities that exist even in exile was a profound shift in perspective, allowing him, not only to accept the reality of his circumstances, but also to see the opportunity in every experience. Acceptance means not fighting reality. Gratitude means embracing reality. It means moving from counting your burdens to counting your blessings, as the Archbishop had recommended, both as an antidote, to envy and a recipe for appreciating our own lives.

Reminders:

Come on time or better yet, **COME EARLY**
Honor the silence
Share briefly from personal experience
Listen to each other respectfully
Conversation (cross talk) is after the hour of prayer

Reading: Anonymous
For Another Day

Thank you, dear God for another day,
The chance to live in a decent way,

To feel again the joy of living
And happiness that comes from giving.

Thank you for friends who can understand
And the peace that flows from your loving hand.

Help me to wake in the morning sun
With the prayer, "Today thy will be done,"

For with your help I will find a way.
Thank you again, dear God, for another day.

Sharing. . .

a word...

a phrase...

a reflection...