Gathering for Gratitude

There are video session suggestions – speaking in turns, using Chat. Some sections use a timer / clock. This session has a Closing Ritual, as determined by the facilitators. Be sure to allow time for the Closing Ritual.

When you join the session *Facilitators – do these for yourself first and help others.*

- Check your volume and video, if you are using video. Check your "name tag."
- Make sure you have the Gathering available.
- **Words of the Day.** If your group is using Chat or meeting in person, write "I am grateful for …" and complete the sentence. One example or several ideas are welcome.

Chalice Lighting "We'll begin by lighting the chalice." *Ask for a volunteer to read.*

From the awakening of the soil, we are given occasion to cultivate
An awakening of the heart and mind
An awakening of resolve – to be careful stewards of all of life's gifts and opportunities
An awakening of gratitude – for every good which we enjoy, and of fellowship for all who are sustained by earth's beauty.
Adapted (from fall to spring) from "A Harvest of Gratitude" by Percival Chubb

Words of the Day *"*Now we'll share the Words of the Day.*" If you're using Chat, people can't see chat written before they joined, so the facilitator can read. Or people can read their own.*

Sharing of Joys and Concerns "We'll share joys and concerns." *Begin, and then either call on people or ask them to "chain" to the next person. Make sure everyone has an opportunity.*

Silence, holding each other in support "Now a few minutes of silence" *(2 or 3)*

Shared Readings "I'll start the first Shared Reading." *Begin, and then either call on people or ask them to "chain" to the next person. Make sure everyone has an opportunity to read.*

"Thank you" is the best prayer that anyone could say. I say that one a lot. Thank you expresses extreme gratitude, humility, understanding. *Alice Walker*

We were never meant to dominate life, but to take care of all our relatives with gratitude and good will. This includes our plant relatives, our waters, the animals, the insects, the soil microbes, and even stone, which hold great energy. *Beata Tsosie-Peña, Tewa environmental activist*

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live them. *John F. Kennedy*

The more you praise and celebrate your life, the more there is in life to celebrate. *Oprah Winfrey*

Everything has its wonders, even darkness and silence, and I learn, whatever state I may be in, therein to be content. *Helen Keller*

When it comes to life the critical thing is whether you take things for granted or take them with gratitude. *G.K. Chesterton*

The roots of all goodness lie in the soil of appreciation for goodness. *Dalai Lama*

Just as millions of snowflakes pile up to create a blanket of snow, the "thank yous" we say pile up and fall gently upon one another until, in our hearts and minds, we are adrift in gratitude.
Daphne Rose Kingma

I don't have to chase extraordinary moments to find happiness – it's right in front of me if I'm paying attention and practicing gratitude. *Brené Brown*

Wear gratitude like a cloak, and it will feed every corner of your life. *Rumi*

Help us to be the always hopeful gardeners of the spirit
who know that without darkness
nothing comes to birth
as without light
nothing flowers.
May Sarton

Deep Listening and Sharing

Round 1. Deep Sharing. "Now we share reflections about Gratitude." *Note the time available for each person. Go first to model. Make sure everyone has an opportunity.*

Round 2. Responses and Comments. *The facilitator should note the time available and reserve time for the Closing Ritual.*

Closing Ritual *The facilitator leads the group in a closing ritual.*

Chalice *"*Our group is ending, but we will remember one another and our time together. We will extinguish the chalice."

We extinguish this flame and we remember the warmth of our community, the light of our wisdom, the generosity of our sharing. We will keep each other in our hearts.

Bell or Chime

Announcements