

Gratitude

If the only prayer you ever say in your entire life is “thank you,” it will be enough.

~Meister Eckhart

In relation to others, gratitude is good manners.

In relation to ourselves, it is a habit of the heart and a spiritual discipline.

~Daphne Rose Kingma



SMALL GROUP MINISTRIES

Opening and Chalice Lighting

We drink from wells we did not dig.

We have been warmed by fires we did not build.

We light this chalice in thanksgiving for those who passed their light to us.

~Robert Schaibly

Quiet Reflection

“There is a calmness to a life lived in Gratitude, a quiet joy.”

~Ralph H. Blum

Sharing/ Check-In

Take two or three minutes to share how you are spiritually, psychologically, emotionally, and physically. You can speak or you can pass. We want to know how you are in this moment.

Quiet Reflection

Now let's take a few moments to reflect in silence as we hold in our thoughts and in our hearts, the joys, burdens, and sorrows that we have shared tonight, as well as those that still remain too tender to share. Let's enfold each other in the warmth and care of this group, and let each of us accept the love, celebration, and healing offered here.

Topic Readings

This is the one true joy in life, the being used for a purpose recognized by yourself as a mighty one; the being a force of nature instead of a feverish, selfish little clod of ailments and grievances, complaining that the world will not devote itself to making you happy. I am of the opinion that my life belongs to the whole community and as long as I live it is my privilege to do for it whatever I can.

I want to be thoroughly used up when I die, for the harder I work, the more I live. I rejoice in life for its own sake. Life is no 'brief candle' to me. It is a sort of splendid torch which I have got hold of for the moment, and I want to make it burn as brightly as possible before handing it on to future generations.

~George Bernard Shaw

A wise person once said, "Gratitude is like a flashlight. If you go out into your yard at night and turn on a flashlight, you suddenly can see what's there. It was always there, but you couldn't see it in the dark."
~Dawna Markova

**Break/Quiet
Contemplation**

At times our own light goes out and is rekindled by a spark from another person. Each of us has reason to think with deep gratitude of those who have lighted the flame within us.
~Albert Schweitzer

For all that has been – Thanks! For all that shall be – Yes!
~Dag Hammarskjold

**Sharing/Deep
Listening**

Speak about this topic in any way that is comfortable to you. If you choose to use the questions, focus on just one or two, as this will allow you to go deeper into the topic.

What does gratitude feel like?

What gets in the way of experiencing gratitude?

In what ways do you practice gratitude?

Have you found ways to be grateful for the ways that life has turned out rather than how you expected it to be? For people or experiences that have been difficult?

Discussion

This is a time to supportively respond to something another person said or to relate additional thoughts that may have occurred as others shared.

**Checkout/
Likes & Wishes**

What did you like about this meeting? What would you like to see change at future meetings?

Announcements

**Closing Reading/
Extinguish Chalice**

We extinguish this chalice, but not the light of truth, the warmth of community, or the life of commitment. These we carry in our hearts until we are together again.

~Elizabeth Selle Jones