

# Attitude of Gratitude – November, 2017

**Call to Prayer:** "... in everything give thanks; for this is God's will for you in Christ Jesus."

(1 Thessalonians 5: 18 [NASB](#))

**Opening Prayer:** (Pray together, please.)

Dear God, my "... heart overflows with tenderness and gratitude ..." <sup>1</sup> for the little ways you grace me. Even though I do not always recognize you, you come to me daily in many ways: in the cardinal chirping outside my window, in the taste of my favorite ice cream, in my frosty breath on a chilly morning, in the warmth of hot coffee, in the brilliant moon in a dark night sky, in the giggle of children playing, in the sound of a friend's greeting, in my neighbor who needs comfort, in the poor person who seeks help, in serene moments when I am at peace, in your real Presence in the Eucharist. None of these are coincidences; all are "God-incidences." They are your method of breaking into my day-to-day life with love and joy. For all of these, large and small, cherished and unnoticed, I give you thanks and praise, O God. Amen.

**Hymn: All My Days** verses 2, 4 (Dan Schutte)

Refrain

Till the end of my days, O Lord, I will bless your name,  
sing your praise, give you thanks, all my days.

Verses

1. You have made me lit - tle less than a god, \_\_\_\_\_
2. You have blessed \_ me with good things and plen - ty \_\_\_\_\_
3. † Your sun \_ and your moon give me light, \_\_\_\_\_
4. † How great \_ is your love, O \_ Fa - ther, \_

1. and have lav - ished my heart with your love. With dig - ni - ty and
2. and sur - round - ed my ta - ble with friends. Their love \_ and their
3. and your stars show the way through the night. Your riv - ers and
4. that you sent us your Sav - ior Son. His death \_ and his

to Refrain

1. hon - or you've clothed me, giv - en me rule o - ver all.
2. laugh - ter en - rich me; to - geth - er we sing your \_ praise.
3. streams have re - freshed me. I \_ will sing your \_ praise.
4. ris - ing will heal us, and draw us \_ all un - to you.

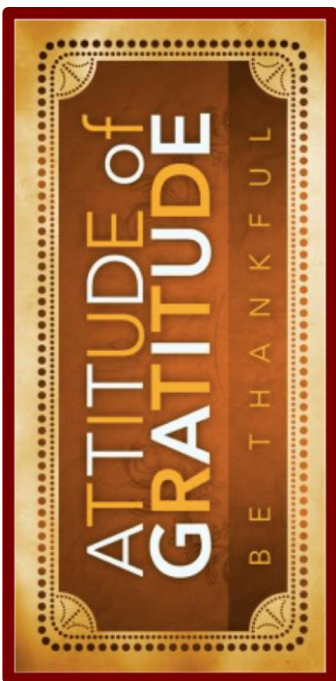
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**Antiphon:** (all)

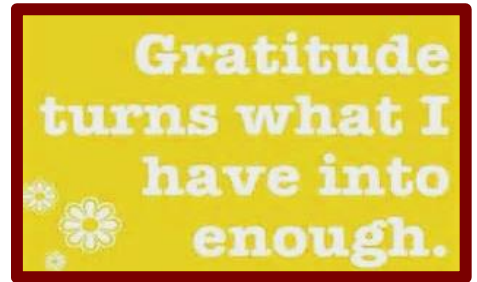
"My God and my all, save that I may return ... gratitude and

1. "Praise the Lord, O my Soul, praise the Lord.  
While I have my being, I will praise my God.



# Attitude of Gratitude – November, 2017 (con't)

- II. “Merciful Father, I bless and adore thy goodness for having preserved me this night and brought me in safety to another day.
  - I. “Grant me thy blessing that I may not offend nor disobey thee for in thee alone is my trust thro' Jesus Christ ...
  - II. “Father of all mercies, blessed be thy Goodness ... I humbly commit my Soul and Body [to thee] for thou only can give me peace and safety.
- ALL: “I [beg] thy blessing on me, my friends and relations through Jesus Christ my Savior.”<sup>3</sup> Amen.



**Antiphon:** (all) “My God and my all, save that I may return ... gratitude and praise ...”<sup>2</sup>

**Reading:** “Gratitude is an emotion expressing appreciation for what one has as opposed to on what one wants. ... Studies show that we can deliberately cultivate gratitude and can increase our well-being and happiness by doing so. In addition, gratefulness and especially expression of it to others is associated with increased energy, optimism and empathy.” <https://www.psychologytoday.com/basics/gratitude>  
 When we practice an attitude of gratitude, we see everything in our lives as a miracle and we become aware of how many opportunities and possibilities are before us. We look at the things that are rich and positive which strengthen our bodies, minds and hearts. We begin to attract those situations and people into your life that are also positive and soul-enriching.  
 adapted from [http://www.huffingtonpost.com/james-van-praagh/gratitude\\_b\\_4356679.html](http://www.huffingtonpost.com/james-van-praagh/gratitude_b_4356679.html)

**Reflection and Sharing:**

When have I recently experienced God’s presence with me?  
 How can I show an attitude of gratitude as a Lady of Charity?



**Litany of Thanks:**

- Response:** With grateful hearts, we praise you, O God.
- + For calling us to gather today ...
  - + For our unique gifts and talents ...
  - + For Jesus, our brother and friend ...
  - + For the Spirit, who renews our energy and strength ...
  - + For persons living in poverty whom we assist ...
- (Please, add your own prayers of thanksgiving.)

**Blessing:** Leader: God, bless us with a spirit of praise and gratitude. **ALL: Amen.**

1 Elizabeth Ann Seton Collected Writings: Volume 2 page 197  
 2 Ibid, Volume 3b page 76  
 3 Ibid, Volume 1 page 215

**Prayer Texts**

- Ephesians 5: 20 “Giving thanks always for all things ...”  
 Colossians 3:15 “Let the peace of God rule in your hearts ... and be thankful.”