

November 20, 2018

Dear Grace Church Family and Friends,

*Gratitude claims the truth that all of life is a pure gift. In the past, I always thought of gratitude as a spontaneous response to the awareness of gifts received, but now I realize that gratitude can also be lived as a discipline. The discipline of gratitude is the explicit effort to acknowledge that all I am and have is given to me as a gift of love, a gift to be celebrated with joy. (Henri Nouwen)*

*Without exception, every person I interviewed who described living a joyful life or described themselves as joyful, actively practiced gratitude and attributed their joyfulness to their gratitude practice. Both joy and gratitude were described as spiritual practices that were bound to a belief in human connectedness and a power greater than us. (Brene Brown)*

Happy Thanksgiving!

*Andrew*