

## The Amazing Effects of Gratitude

Thanksgiving has come and gone. I pray that we all were able to share a meal with good friends and family, and with thanksgiving for all the blessings we recognize and especially for the ones we do not.

Developing a practice of daily gratitude can change your life. Keeping a gratitude journal is one way to do this practice. As recent as August 2021, Harvard Health Publishing did a piece on how giving thanks can make you feel happier. I Googled gratitude and there are many resources, studies, and proponents of the positive wellbeing which people experience who practice gratitude.

What ways can I practice gratitude?

- Gratitude Journal - Keep a daily gratitude journal, even a notation on a calendar will work and at the end of the month see how you feel.
- Grateful Chain - The past two years our Missioner for Children and Youth, Amy Mellies, has encouraged families in the diocese to make a grateful chain. Each year she has sent out strips of paper in care packages during the month of November and asked that each day you write down one thing you are grateful for on each piece of paper. As the month progresses you will have a longer chain of all the things your family is grateful for.
- Thank You - Thank the people you work with and live with for the little things they do for you. Thank a server or the person at the check-out while paying at a store. Write a thank you note to show gratitude for a favor or job well done.
- Pray - Thank God, Holy Spirit, the Creator for all the blessings you have. Start simple. Can you see. Can you hear. Simple.
- Meditate - Take time to quiet and center yourself. Choose a sacred word for yourself and sit for even five minutes.

These practices, with regular practice can really make a difference in your lives. It is a wonderful Advent gift and beyond to give yourself.

Never forget, you are Beloved of God and a Blessing.

Rev. Kris+