**GRATITUDE: SOUL MATTERS**

**NOVEMBER 2016**

**Opening Words:**

Gratitude is not a passive response to something given to us; gratitude is being awake in the presence of everything that lives within and without us. Gratitude is not something that is shown after the event, it is the deep, a priori state of attention that shows we understand and are equal to the gifted nature of life.

David Whyte, “Gratitude” from Consolations

**Quotes:**

“It is impossible to feel grateful and depressed in the same moment” Naomi *Williams*

“When I started counting my blessings, my whole life turned around” *Willie Nelson*

“When a person doesn’t have gratitude, something is missing in his or her humanity” *Elie Wiesel*

“Gratitude is not only the greatest of virtues, but the parent of all the others” *Cicero*

“’Enough’ is a feast. *Anon.*

“You cannot do a kindness too soon because you never know how soon it will be too late” *Emerson*

**Questions to consider**:

What quotes resonated with you and why?

What are you most grateful right now, and why?

What does “having enough” mean to you?

What practices help you to express gratitude; for others, for life, for the earth, for the Sacred?

**Closing Words:**

What is enough? This question may begin to challenge the way you see the world today. That’s okay. When we choose to draw a line in every aspect of our lives, we choose what is enough. We are given the opportunity to define what is enough. There is great tension in walking this line of more or less, but this tension creates great opportunities. Living on less creates the potential to do much more for others. May we be known by the problems we solve. It all starts with one question that changes everything: what is enough?

Jeff Shinabarger from More or Less: Choosing a Lifestyle of Excessive Generosity