

November 26, 2013

I am grateful for these things.

1. _____
2. _____
3. _____
4. _____

Person _____

November 27, 2013

I am grateful for these things.

1. _____
2. _____
3. _____
4. _____

Person _____

November 28, 2013 Thanksgiving Day

I am grateful for these things.

1. _____
2. _____
3. _____
4. _____

Person _____

*"One grateful thought is a ray of sunshine.
A hundred such thoughts paint a sunrise.
A thousand will rival the glaring sky at noonday -
for gratitude is light against the darkness."
~ Richelle E. Goodrich*

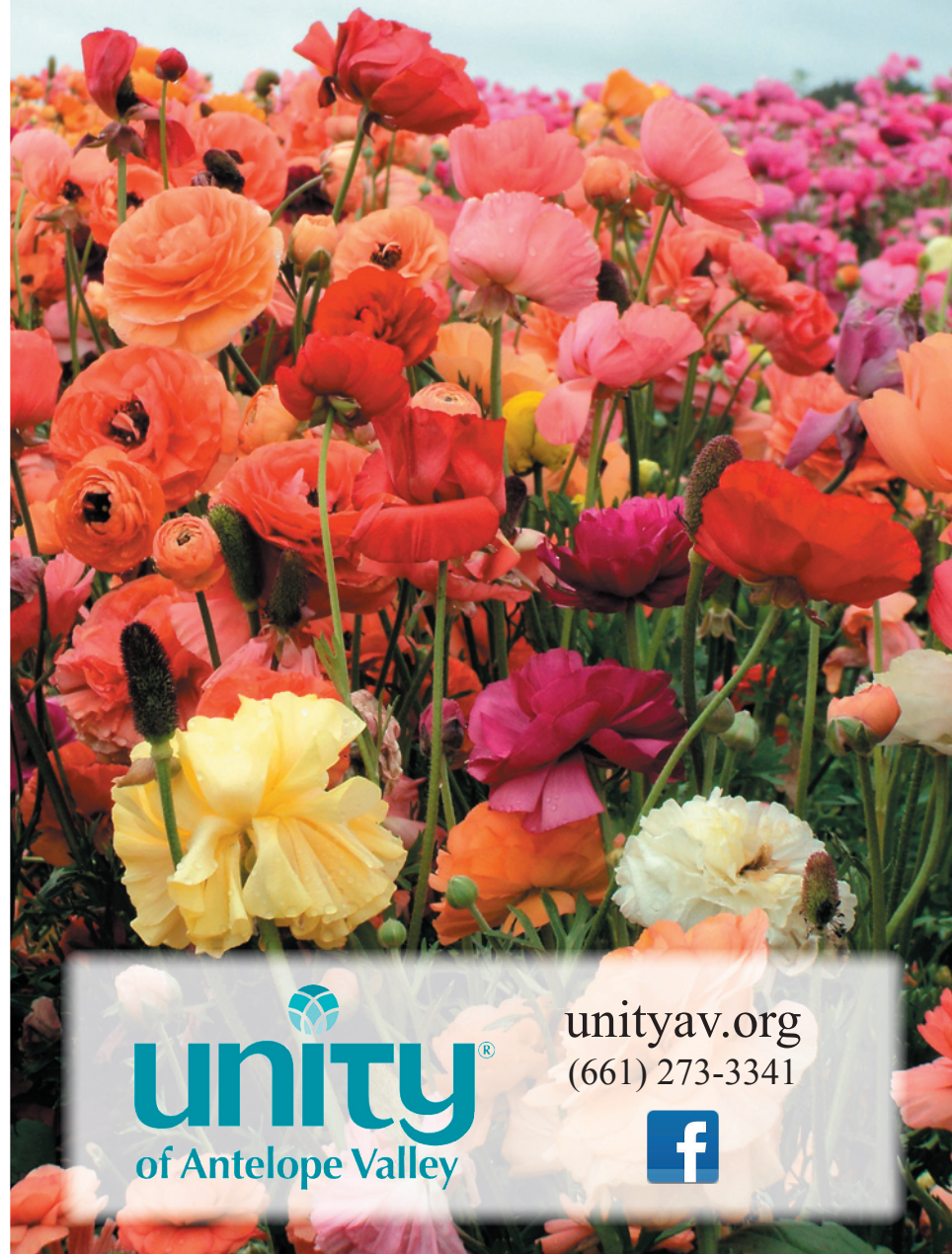


unityav.org
(661) 273-3341

Sunday Services 10 a.m. at:
Hilton Garden Inn, 1309 W. Rancho Vista Bl., Palmdale • Antelope Valley Mall
Mailing Address: 37560 Sierra Hwy., #858, Palmdale, CA 93550

My Gratitude Journal

28 Days of Intentional Gratitude





Dear Friends,

There is a sweet song titled “Well-Done, Lord!” It tells the story of a monk who began each day by admiring the sky, the clouds, the earth, the sun, the people, the animals – in fact, all that his eyes took in – and then he clapped his hands and exclaimed, “Well done, Lord! Oh, very well done!”

Wouldn’t this be a wonderful way to begin our days?

In the awareness that all that we see before us and around us is a miracle of grace?

To feel our hearts open to that awareness in gratitude?
And in this way to learn that this moment is filled to overflowing with opportunity when we are present in love?

Gratitude is a way of living; a habitual response to the Great Fullness of God.
Gratitude opens our hearts.
Gratitude connects us with God, Creator, The Wholeness.
Gratitude is a form of Love that when we express it, brings us closer to those we love.
Gratitude brings us joy, and joy is what we *really* want.
Gratitude changes our lives because it changes our hearts.
Gratitude creates a mind in us that is no longer concerned with what is not, but with what *is*.
Gratitude multiplies the good in our lives to appreciate.
Gratitude is the way of a great heart.

This month, we invite you to consciously set aside the time during your day to fill out this Gratitude Journal. You will give yourself the gift of discovering in joy– if you have not already done so – that your life is filled with miracles of grace now.

With Love and Gratitude for you!
Rev. Nancy



November 21, 2013

I am grateful for these things.

1. _____
2. _____
3. _____
4. _____
Person _____

“Everything is a gift.
The degree to which we are awake
to this truth is a measure of our
gratefulness, and gratefulness is a
measure of our aliveness.”
~ Brother David Steindl-Rast

November 22, 2013

I am grateful for these things.

1. _____
2. _____
3. _____
4. _____
Person _____

November 23, 2013

I am grateful for these things.

1. _____
2. _____
3. _____
4. _____
Person _____

November 24, 2013

I am grateful for these things.

1. _____
2. _____
3. _____
4. _____
Person _____

November 25, 2013

I am grateful for these things.

1. _____
2. _____
3. _____
4. _____
Person _____

November 16, 2013

I am grateful for these things.

1. _____
2. _____
3. _____
4. _____

Person _____

November 17, 2013

I am grateful for these things.

1. _____
2. _____
3. _____
4. _____

Person _____

November 18, 2013

I am grateful for these things.

1. _____
2. _____
3. _____
4. _____

Person _____

*"In daily life we must see
that it is not happiness that
makes us grateful,
but gratefulness that
makes us happy."*

~ Brother David Steindl-Rast

November 19, 2013

I am grateful for these things.

1. _____
2. _____
3. _____
4. _____

Person _____

November 20, 2013

I am grateful for these things.

1. _____
2. _____
3. _____
4. _____

Person _____

November 1, 2013

I am grateful for these things.

1. _____
2. _____
3. _____
4. _____

Person _____

November 2, 2013

I am grateful for these things.

1. _____
2. _____
3. _____
4. _____

Person _____

*"Gratitude is heaven itself."
~ William Blake*

November 3, 2013

I am grateful for these things.

1. _____
2. _____
3. _____
4. _____

Person _____

November 4, 2013

I am grateful for these things.

1. _____
2. _____
3. _____
4. _____

Person _____

*"Walk as if you are kissing the
Earth with your feet."
~ Thích Nhất Hạnh*

November 5, 2013

I am grateful for these things.

1. _____
2. _____
3. _____
4. _____

Person _____

November 6, 2013

I am grateful for these things.

1. _____
2. _____
3. _____
4. _____

Person _____

November 7, 2013

I am grateful for these things.

1. _____
2. _____
3. _____
4. _____

Person _____

*“Gratitude paints little smiley
faces on everything it touches.”
~ Richelle E. Goodrich*

November 8, 2013

I am grateful for these things.

1. _____
2. _____
3. _____
4. _____

Person _____

November 9, 2013

I am grateful for these things.

1. _____
2. _____
3. _____
4. _____

Person _____

*“I am grateful for what I am
and have. My thanksgiving
is perpetual... O how I laugh when
I think of my vague indefinite riches.
No run on my bank can drain it, for
my wealth is not possession
but enjoyment.”
~ Henry David Thoreau*

November 10, 2013

I am grateful for these things.

1. _____
2. _____
3. _____
4. _____

Person _____

November 11, 2013

I am grateful for these things.

1. _____
2. _____
3. _____
4. _____

Person _____

November 12, 2013

I am grateful for these things.

1. _____
2. _____
3. _____
4. _____

Person _____

November 13, 2013

I am grateful for these things.

1. _____
2. _____
3. _____
4. _____

Person _____

*“Cultivate the habit of being grateful
for every good thing that comes to you,
and to give thanks continuously.
And because all things have
contributed to your advancement, you
should include all things
in your gratitude.”
~ Ralph Waldo Emerson*

November 14, 2013

I am grateful for these things.

1. _____
2. _____
3. _____
4. _____

Person _____

November 15, 2013

I am grateful for these things.

1. _____
2. _____
3. _____
4. _____

Person _____