



## November message from Rev Cindy

Gratitude. November is a time of year that we are reminded to give thanks to God and to others. Scripture is full of thanksgiving to God. Scripture reminds us that we should give thanks in every circumstance. This November at MLCC, we are encouraging all of you to participate in the 30-Day Gratitude Challenge.

Each week features an area of focus. Each day has a suggestion or something to do to show gratitude.

Having an attitude of gratitude helps you in body, mind and spirit. Gratitude gives us a more positive outlook on life. Expressing our gratitude to others is important for relationships. We shouldn't wait until someone passes away to acknowledge how much they have meant to us, or the impact that person has made on our lives. Gratitude is a choice we make each day. I share these thoughts from Henri Nouwen about choosing gratitude.

"The Choice of Gratitude" by Henri Nouwen

Gratitude...goes beyond the "mine" and "thine" and 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 been given to me as a gift of love, a gift to be celebrated with joy.

Gratitude as a discipline involves a conscious choice. I can choose to be grateful even when my emotions and feelings are still steeped in hurt and resentment. It is amazing how many occasions present themselves in which I can choose gratitude instead of a complaint....The choice for gratitude rarely comes without some real effort. But each time I make it, the next choice is a little easier, a little freer, a little less self-conscious....There is an Estonian proverb that says: "Who does not thank for little will not thank for much." Acts of gratitude make one grateful because, step by step, they reveal that all is grace. (Daily Meditation, July 2, 2020 Henri Nouwen Society)

As you express your gratitude, may your blessings overflow!

*Cindy*

