

# *Year of Gratitude*

*If the only prayer you ever say in your entire life is thank you, it will be enough — Meister Eckhart*

## **December 2018**

Gifts: This month tends to be all about gifts. We receive and give them. There are many kinds of gifts, physical, spiritual and emotional. This month we give thanks for all the gifts we receive.

## **January 2019**

Good things: This is a month often used for “new life.” Resolutions, life changes. Find a jar and each week write down one good thing that happened. At the end of this year you will be able to empty the jar and read about the amazing year you have had.

## **February 2019**

Relationships: This month is filled with “Valentines” but love is more than hearts and flowers. There are many relationships which call for gratitude. This month we give thanks for all our relationships

## **March 2019**

Home: This month is often when people get the urge to “spring clean.” Our homes can be places of refuge and sanctuary. We have other “homes” as well, places where we are our most authentic selves and feel welcomed and appreciated. This month we give thanks for all those places we name as home.

## **April 2019**

Growing Edges: Spring comes this month and for Christians, Easter. Flowers begin to bloom and gardens are planted. New life is all around. This month we give thanks for growth: physical, spiritual and those places where we need to grow.

## **May 2019**

Celebrations: This month is filled with holidays and celebrations. Mother’s Day, Memorial Day and graduations abound. This month we give thanks for all those opportunities to celebrate milestones, and events and people in our lives.

## **June 2019**

Sabbath: This month begins summer break for people in school. Vacations, camps and all kinds of outdoor activities abound. Summer vacation has often been a time to relax, enjoy outdoor activities and time away. This month we give thanks for Sabbath and time off.

## **July 2019**

Service Personnel: This month begins with a celebration of the United States. It is a good month to be thankful for all those "service" people who are part of our lives. That would include military personnel, police officers, fire fighters, government officials and those we often overlook: postal carriers, trash collectors and others in "service" industries. This month we will give thanks for those who serve.

## **August 2019**

Transitions: This month is back to school and back to work for those who have had the summer off. Students begin new grades, or go to college or a new school for the first time. Parents transition year by year with their children and then become empty nesters. This month we give thanks for transitions that offer new opportunities and new growth.

## **September 2019**

Mentors/Teachers: As school is in full swing again, it is a good time to give thanks for those who have been our teachers and mentors. School teachers, neighbors, parents, children, friends, pastors, counselors, bosses or those who mentor us formally or informally make a big difference in our lives. This month we give thanks for teachers and mentors.

## **October 2019**

Harvest: This month the garden season is winding down and in many places the first frost hits. It is the season of autumn when reflecting on the harvest of our lives is possible. What seeds have been planted and grown and harvested in your life and spirit? This month we give thanks for the harvest of our words, actions and lives.

## **November 2019**

Thankfulness: This month we give thanks for all things.