

Unitarian Universalist Small Group Ministry Network Website
SMALL GROUP MINISTRY
Main Line Unitarian Church, Devon, PA
On Gratitude
October 2003

Opening Words:

Who can make an accounting of gratitude?

For the universe we give thanks, an expanse of life to stretch us with wonder...

For the earth we give thanks, fragment of the stars that is our home...

For life we give thanks, the burning of stars ordered and tempered here allowing us life and breath...

For growth we give thanks, for the heritage of the spirit, for all the forces past our knowing, power past our control...

For the ages which follow us, for the eternity of days, in which life is ever renewed and fulfilled, we give thanks.

-adapted from Kenneth Patton, *Hymns for the Celebration of Life*

Check-in/Sharing

Focus Reading:

There are things in life that just sort of hang there: like free-floating guilt and angst. But, what about a sense of gratitude? Doesn't that well up at times and demand expression? A blessing, a song of praise, a shout, a loud HURRAH! I'm talking about a sense of gratitude that goes beyond just what another person does for you. I'm talking about the fiery sunset, the smell of the rose, the very existence of the artichoke and the giraffe. It should take our breath away. And our breath, oxygen - yes, thank you!

Focus Questions:

- How do you cultivate a thankful heart?
- How do we stay aware of that in Life which is sheer blessing?

Likes and Wishes

Closing Words:

"God,
may our ears be open to little birds who are the secret of living,
may we take time to see flowers and people for the beauty they are,
may we make room in our lives for one another."

Richard F. Boeke