

OCTOBER: Virtue of Gratitude

Week 1 Morning Prayer: Virtue of the Month - Gratitude

In the name of the Father, and of the Son and of the Holy Spirit. Amen

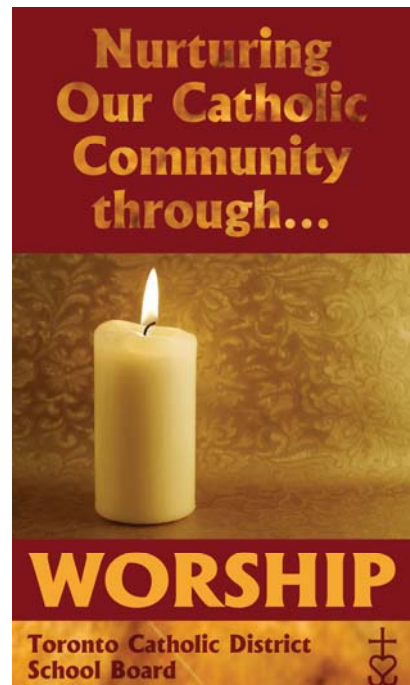
The Virtue of the Month for October is Gratitude. We begin the second month of the school year by preparing for the celebration of Canadian Thanksgiving. Our faith tradition holds that the fruit of the harvest comes not only from the hard work of human hands, but also comes from the gracious generosity of the hand of God. Even though many of us live in an urban setting, we can get this. We can get it – that all is gift, both material abundance and spiritual abundance, both food and freedom, both the joy of living fully and the hope of eternal happiness.

For a deep sense of gratitude for all that we have received through family, through Church, through society, through friendship, through the extraordinary abundance of our planet earth. We pray to You, Lord. (Response: Lord, hear our prayer)

For a spirit of generosity and justice in reaching out to those in need – the homeless, those without food or proper clothing. We pray to You, Lord. (Response...)

Let us pray an Our Father together.

In the name of the Father, and of the Son and of the Holy Spirit. Amen



Week 2 Morning Prayer: Virtue of the Month - Gratitude

In the name of the Father, and of the Son and of the Holy Spirit. Amen

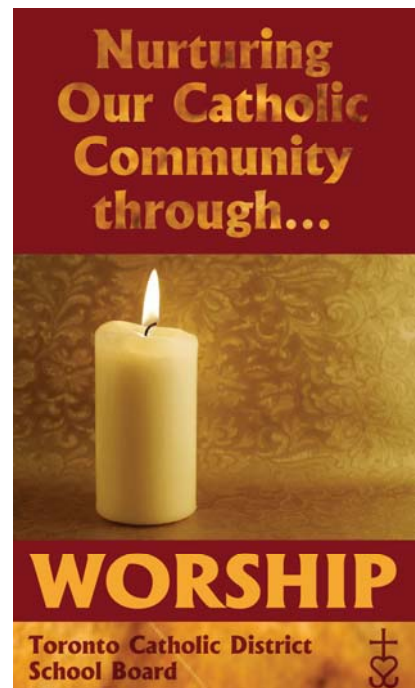
As we live together this week after the celebration of Thanksgiving we bask in the afterglow of the deep appreciation that all is gift. We allow it to sink into ourselves from our horizon of faith that life and happiness, beauty and freedom, abundance and intelligence, health and hope come from the hand of God. We notice then how Gratitude melts bitterness and hardness of heart. We notice how Gratitude enables forgiveness to flow. We notice how Gratitude energizes us to reach out to those in need, and to want to make a difference in our world.

In gratitude for all the goodness experienced in the celebration of this year's Thanksgiving Holiday. We pray to You, Lord. (Response: Lord, hear our prayer.)

That the spirit of Gratitude will free us to be generous, and to go the extra mile in helping others in our communities. We pray to You, Lord. (Response...)

Let us pray a Hail Mary together.

In the name of the Father, and of the Son and of the Holy Spirit. Amen



Week 3 Morning Prayer: Virtue of the Month - Gratitude

In the name of the Father, and of the Son and of the Holy Spirit. Amen

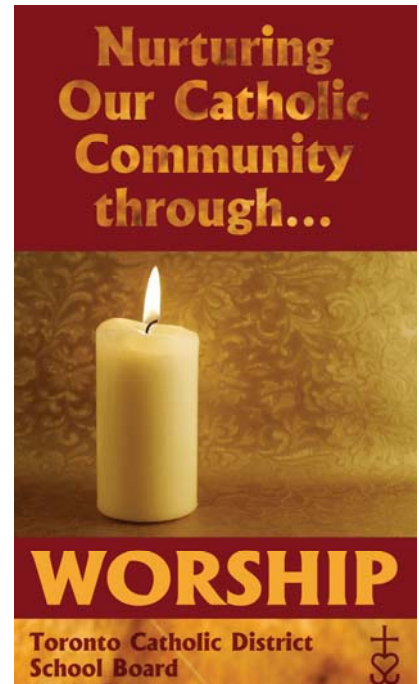
The central ritual action of worship within our religious tradition is called Eucharist – from the Greek word for thanksgiving. It says in the Scriptures that at the Last Supper Jesus took bread and gave thanks. When we gather for Mass we too lift our own minds and hearts in gratitude to the One from whom all good flows. There is a voice inside our souls that wishes to cry aloud in praise to the One who is the source of life and hope.

That we will be awakened to the wonder of life and to the wonder of the hope that resides in our hearts. We pray to You, Lord. (Response: Lord, hear our prayer.)

That our sense of gratitude will extend our horizon to challenge greed and to provoke in us a passion for justice. We pray to You, Lord. (Response..)

Let us pray a Glory Be together.

In the name of the Father, and of the Son and of the Holy Spirit. Amen



Week 4 Morning Prayer: Virtue of the Month - Gratitude

In the name of the Father, and of the Son and of the Holy Spirit. Amen

The Gospel of Luke tells the famous story of the ten people who were cured of leprosy by Jesus on one occasion, but only one of those who were healed returned to Jesus to say “Thank you.” We can be forgetful of those who have done good to us – our parents, friends, teachers, society - because we get caught up in our own concerns and worries, perhaps because of a disordered sense of entitlement, perhaps because we take for granted the privileges we enjoy. Yet our experience tells us that we live with a larger sense of happiness and hope when we allow true gratitude to take root in our hearts.

That our eyes will be open to the goodness in our lives and the gifts we have received. We pray to You, Lord. (Lord, hear our prayer....)

That the word of “thanks” will spring easily and humbly from our lips, bringing peace and joy to those who give of themselves to us. We pray to You, Lord. (Response...)

Let us pray an Our Father together.

In the name of the Father, and of the Son and of the Holy Spirit. Amen

