**FAITH 365 /October 2019**

**A Call to Gratitude**

**WELCOME:**

**Thanks for coming today and sharing in this session of Faith 365. It is wonderful to see you.**

**Let us be in the moment, to be still, to leave the cares of life to the side, if for just a moment.**

**PAUSE**

**To help us become centered in the present moment, we will listen to a song of meditation.**

**[The table leader will give out the lyrics.]**

**SONG OF MEDITATION**

*I've got a roof over my head
I've got a warm place to sleep
Some nights I lie awake counting gifts
Instead of counting sheep*

*I've got a heart that can hold love
I've got a mind that can think
There may be times when I lose the light
And let my spirits sink
But I can't stay depressed
When I remember how I'm blessed*

*Grateful, grateful
Truly grateful I am
Grateful, grateful
Truly blessed
And duly grateful*

*In a city of strangers
I've got a family of friends
No matter what rocks and brambles fill the way
I know that they will stay until the end*

*I feel a hand holding my hand
It's not a hand you can see
But on the road to the promised land
This hand will shepherd me
Through delight and despair
Holding tight and always there*

*It's not that I don't want a lot
Or hope for more, or dream of more
But giving thanks for what I've got
Makes me so much happier than keeping score*

*In a world that can bring pain
I will still take each chance
For I believe that whatever the terrain
Our feet can learn to dance
Whatever stone life may sling
We can moan or we can sing*

**FOCUS:**

**We find ourselves near the end of October. Maybe we find it hard to believe that this month almost over. November brings with it the holy days of All Saints and All Souls. They are times of remembering, and being grateful, for the lives of** **the saints whose lives inspire us, and of our beloved dead who have been part of our life’s journey. At the end of November comes the civil observance of Thanksgiving; a time of gratitude for the blessings we enjoy and often take for granted.**

**Before we go further, let’s stop for a moment. As we go around the table, introduce yourself and then share who your favorite saint is OR is there a deceased person you fondly remember? You do not have to give a long explanation; just the name and why you chose that saint or the person you remember.**

 **[Table leader leads this discussion.]**

**Session leader monitors table discussion and then continues with script.**

**Ralph Waldo Emerson observed**, *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.*

**As Catholics, we come to the Eucharist each week. Eucharist comes from a Greek word that means *thanksgiving.* At Mass we express our gratitude for our faith –for Christ’s continue presence among us. We express our gratitude for the people and moments that have shaped and guided our journey. It is easy to forget Emerson’s words *because all things have contributed to your advancement, you should include all things in your gratitude.* The history of faith tells us that often it is the people and moments that seem insignificant –or problematic—that deserve our gratitude**.

**Our session today is about expanding our gratitude, and seeking to live that gratitude as followers of Christ each day.**

**Reminders: don’t need to read word for word…just to give general idea)**

***PARTICIPATE*** *Everyone has some wisdom; while no one is forced to share, sometimes the comment you think is not profound actually is the one that many remember.*

***BE PRESENT*** *Make every effort to leave problems and things you need to do at the door; please turn off or silence cell phones.*

***BE COMFORTABLE WITH SILENCE*** *Don’t be afraid if there is silence or feel the need to say something –unless you want to—just because no one is speaking.*

***BE GENTLE ABOUT DIFFERENCES*** *We may see things differently, but we are on the path together.*

**Would someone be willing to read our scripture passage:**

**We listen now to this reading: Luke 17: 11-19**

As he continued his journey to Jerusalem, he traveled through Samaria and Galilee. As he was entering a village, ten lepers met [him]. They stood at a distance from him and raised their voice, saying, “Jesus, Master! Have pity on us!

And when he saw them, he said, “Go show yourselves to the priests.” As they were going they were cleansed. And one of them, realizing he had been healed, returned, glorifying God in a loud voice; and he fell at the feet of Jesus and thanked him. He was a Samaritan. Jesus said in reply, “Ten were cleansed, were they not? Where are the other nine? Has none but this foreigner returned to give thanks to God?” Then he said to him, “Stand up and go; your faith has saved you.”

We will now have a discussion at our tables on the questions listed at the end of the reading. We will take a few moments of quiet and then feel free to share as you are ready.

**WHAT DID I HEAR?**

**WHAT DO I THINK IT MEANS?**

**WHAT CHALLENGE DOES IT OFFER?**

**(Discussion at table in small groups)**

**(The session leader will need to keep track of time and estimate when the groups are ready to continue.)**

**FILM:** Lori Portka is an artist living in Asheville, North Carolina. For years she worked as a school teacher, but in her 30’s returned to her passion which is art. She says, *I believe art made with the intention to speak love and healing does exactly that.* It was Lori’s desire to express and live gratitude that inspired an art project. That project is the subject of the short video we are about to watch titled, Love Grows.

**FOR DISCUSSION AFTER THE VIDEO:**

 **(Discussion at table in small groups)**

Was there a word, phrase or image that stood out for you in the video?

Lori speaks about wanting to live a life of gratitude. When you hear that phrase *living a life of gratitude* what does that mean for you? What does a life of gratitude look like? Does believing in Christ, and living your Catholic faith, change or influence what a life of gratitude resembles?

What obstacles exist in our personal lives or the life of the world that prevent us from living gratefully?

Lori wondered if she knew 100 people. Do you? Do you think you would be on anyone’s list of 100?

How would being a more grateful person challenge:

 your professional life?

 your personal life?

 your faith life?

Talking about her father’s death and the way her family dealt with it, Lori said she came to a moment in which she realized ‘there has to be another way we can do this.’ Have you ever had that kind of experience?

Have you had an experience in which you were grateful for your grief, for a struggle or difficulty? Did you experience the gratitude in the midst of the grief, struggle or difficulty, or was it after it passed? Who or what enabled you to move to a place of gratitude?

One of the people who received a painting said of Lori, “she saw me.” Have you ever had an experience in which you felt someone really saw you? When Jesus looks at us, what do you believe he sees?

Besides painting pictures, how could our parish live together more gratefully?

**(The session leader will need to keep track of time in order to finish the session on time.]**

**PRAYER AND RESPONSE**

As we bring this time of prayer to a close, let us share the challenges we face and the blessings for which we are grateful. So. we will spend a few moments now in quiet. And as you feel moved, share either a challenge or blessing you would like to bring to prayer (or both.)

**THE LORD’S PRAYER**

 let us now pray together the prayer that Jesus taught us.

**Thanks so much for being here.**

**There will not be a Faith 365 session in November.**

**Instead, we encourage you to attend the November 5th program that will share on the topic of suffering, loss, and moving forward in hope. Msgr. and the bereavement ministry will lead it.**

**There is sign-up in the gathering space with information about this program.**

**Luke 17: 11-19**

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And when he saw them, he said, “Go show yourselves to the priests.” As they were going they were cleansed. And one of them, realizing he had been healed, returned, glorifying God in a loud voice; and he fell at the feet of Jesus and thanked him. He was a Samaritan. Jesus said in reply, “Ten were cleansed, were they not? Where are the other nine? Has none but this foreigner returned to give thanks to God?” Then he said to him, “Stand up and go; your faith has saved you.”

**WHAT DID I HEAR?**

**WHAT DO I THINK IT MEANS?**

**WHAT CHALLENGE DOES IT OFFER?**

**SONG OF MEDITATION**

**GRATEFUL**

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**Faith 365—October 30th**

Pat Rose

John Rose

Mary Jacobson

~~Kathy Moubarak~~

Martha Musto

Dave Musto

John Riganati

Rose Kowalczyk

Camille Sinclair

~~Rosalie Lopez-Lopez~~

~~Tony Lopez-Lopez~~

Marie Chua

Sandy Tarca

Ginny Barrett

Maggie Van Dagens

**Andrea O’Brian**

**Paula Kornberg**

**Frank Kelly**

**Frank Iati**

Trudy Healy