

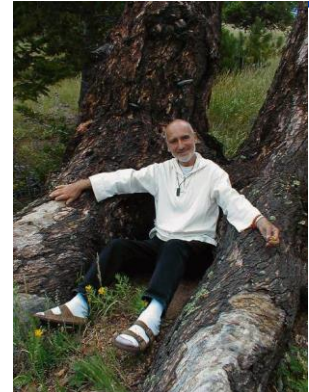
Becoming Aware

of the Moments of Grace in the Daily

LISTEN

Listen, the voice of Your God is calling.
Listen, the voice of Your God is calling,
Listen with the ear of your heart,
The voice of Your God is calling.

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David Steindl Rast

A GOOD DAY

David Steindl Rast

www.gratefulness.org

You think this is just another day in your life?

It's not just another day.
It's the one day that is given to you today.
It's given to you.
It's a gift.
It's the only gift that you have right now,
and the only appropriate response
is gratefulness.

If you do nothing else but to cultivate
that response through the great gift
that this unique day is,
if you learn to respond
as if it were the first day in your life
and the very last day,
then you will have spent this day very well.

Begin by opening your eyes and be surprised
that you have eyes you can open.
That incredible array of colors
that is constantly offered to us
for pure enjoyment.

Look at the sky.
We so rarely look at the sky.
We so rarely note how different it is
from moment to moment
with clouds coming and going.
We just think of the weather.
And even of the weather,
we don't think of all the many nuances
of weather.
We just think of good weather and bad weather.
This day right now has unique weather,
maybe a kind that will never exactly
in that form come again.
The formation of clouds in the sky
will never be the same that it's right now.

Open your eyes. Look at that.
Look at the faces of people whom you meet.
Each one has an incredible story
behind their face,
a story that you could never fully fathom,
not only their own story,
but the story of their ancestors.
We all go back so far.
And in this present moment, on this day,
all the people you meet,
all that life from generations
and from so many places all over the world
flows together and meets you here
like a life-giving water
if you only open your heart and drink.

Open your heart to the incredible gifts
that civilization gives to us.
You flip a switch, and there is electric light.
You turn a faucet, and there is warm water
and cold water and drinkable water.
It's a gift that millions and millions
in the world will never experience.
So, these are just a few
of an enormous number of gifts
to which we can open your heart.

And so I wish you that you would open
your heart to all these blessings
and let them flow through you,
that everyone whom you will meet on this day
will be blessed by you,
just by your eyes,
by your smile,
by your touch,
just by your presence.
Let the gratefulness overflow
into blessing all around you.
And then it will really be a good day.



After viewing *A Good Day* take some quiet time....

Recall the faces of some of the people you met today. What did you notice? What 'gift' did you receive from them? For what are you grateful in that encounter?

Did something unexpected help you to take notice of a person or a situation? What did you learn?

Look back over the day and create a short litany of gratitude for the wonder of this day. – the wonder in the ordinary.....

LORD IT IS GOOD TO GIVE THANKS

Lord, it is good to give thanks to you!

Lord, it is good that we sing....

Glory and praise and our thanks to you:

Glory, praise and thanks!

Frank Andersen

Rising Moon

Gratitude: Our response to the holy in the daily

Thoughts and Suggestions:

In the very ordinariness of each day we are invited to touch the mystery of God. The Incarnation revealed God who is within us and among us. God shines through all of creation and every human face, but we need to cultivate practices that attune us to these graced moments. This is captured beautifully in the video clip available on the www.gratefulness.org site.

During his life Jesus had regular practices to stay in touch with his Father, Abba. He sought solitude, quiet time in which he could listen to the whispering of the Spirit in his heart, alerting him to the next stage of his mission and opening his eyes to the elements of his culture that were not life giving for the people. From this quiet space he could do his work – embrace those on the margins, question religious practice that was no longer transformative.

Like Jesus we need such moments. Brother Steindl Rast's, *A Good Day*, is one way we can invite a staff community to reflect upon the wonder of the ordinary and to ponder practices they might embrace to create an awareness from which gratefulness flows.

If time permits you could finish with people sharing the litany of gratitude. This could be introduced and concluded with Frank Andersen's antiphon: *Lord it is Good*.