



One Thursday of each month in 2019 ~ 7-8:30 PM

Gratefulness Gatherings

Christine Sanchirico

Experience, deepen, and share the power of living gratefully. Bring gratitude to life...

We hold *grateful living* as an engaged mindfulness practice, grounded in both wisdom and science, which supports our ability to see the wonder and opportunity in every moment, and motivates us to act boldly with love, generosity, and respect towards one another, ourselves, and the Earth.

Gratefulness Gatherings are an opportunity to cultivate a space where we can explore grateful living as an orientation to life. These Gatherings take place at the local level, in person, hosted by community members.

Learn more at Gratefulness.org ~ a Network for Grateful Living is a global organization offering community-based

and online educational programs and practices which inspire and guide a commitment to *grateful living*, and catalyze the transformative power of personal and societal responsibility.

Themes for 2019:

January 24	Gratefulness: Greater Than Gratitude
February 28	The Great Fullness of Life
March 28	Practicing Grateful Living
April 25	Treasuring the Body as It Is
May 23	Appreciating Our Emotions
June 27	Savoring the Spirit of Surprise
July 18	Cherishing Our Own Selves
August 22	Unleashing the Blessings of Connection
September 26	Holding the Heart of Grief and Loss
October 24	Celebrating Contentment as Enough
November 21	Belonging at Home with Nature
December 19	Walking the Path of Transformation

Our Gratefulness Gatherings will be held on the **fourth Thursday** of each month in 2019 (except July, November and December when they will be on the **third Thursday**).

Gatherings will be held in the Annex 4 Meeting Room.

Cost: Free will Donation

For more information call Marlene at 310.377.4867 x234
or email mvelazquez@maryjoseph.org

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