

Cultivating Gratefulness (or Gratitude)

Questions for small groups:

- 1) Can you recall a memorable moment of gratitude you've either offered to someone else or received yourself? How did it make you feel?

- 2) Try writing an "ode" or poem of "thanks" to something or someone you sincerely appreciate in your life. (Like in the Major Jackson poem "Ode to Everything" which begins, "Somehow I have never thought to thank the ice cream cone...").