

Participant Sheet #5, Scarcity and Abundance

Welcome & Candle-lighting

Light a candle. The group may wish to say these words together:

Your light is in our eyes.
Your beauty is in our hearts.
Your goodness is everywhere.



Group Spiritual Practice

The Practice of Gratitude

Share these words of introduction with participants.

“Gratitude is more than a feeling, a virtue, or an experience: gratitude emerges as an attitude we can freely choose in order to create a better life for ourselves and for others.”

- Brother David Steindl-Rast

Practicing gratitude on a daily basis is perhaps the most powerful thing we can do to increase our feelings of abundance.

A Circle Prayer of Thanksgiving

Here is a simple process for a circle prayer. One person begins and offers a thank you prayer spoken aloud or prayed silently in the heart. When finished this person invites another person, by name, to pray. This one responds silently or with spoken word. When finished this one invites by name another person to pray. This continues until all who wish have prayed.

At the end, savour the abundance shared.

To continue this practice of gratitude you may want to start off the day by writing down three things you are grateful for. You may even want to keep a gratitude journal where you can keep track. Our gratitude helps us pay attention to all that the day is offering.