



February 14, 2004

Beloved Peacekeepers,
Happy Valentine's Day! Our journey continues, with and in gratitude!

Today's Principle, Today's Practice - GRATITUDE

On her show Oprah Winfrey frequently promotes the daily practice of gratitude. Begin the day by listing five things for which you are grateful and end it by sharing with one person all of the good things that happened to you today.

Ask yourself: What are you most grateful for in your life? How do you demonstrate gratitude? Do you demonstrate gratitude? When was the last time you were moved to show your gratitude? Did you and how? How would you show gratitude towards yourself? How does gratitude relate to nonviolence?

Activities:

Write a thank you letter to someone who deserves thanks. Now write one to someone just because they've touched your life. Create a personal timeline with pictures and short stories about the major things in your life for which you are grateful.

Journal Activity: Journal your thoughts....from the activities above. Start a gratitude journal, and each night before bed, list 5 things you are grateful for today.

Consider these Quotes on Gratitude:

Nothing is more effective than sincere, accurate praise, and nothing is more lame than a cookie-cutter compliment. – Bill Walsch

At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.

– Albert Schweitzer

Appreciation is fertilizer for the soul. – Valynnda Slack

Two kinds of gratitude: The sudden kind we feel for what we take; the larger kind we feel for what we give. – Edwin Arlington Robinson

If the only prayer you ever say in your entire life is thank you, it will be enough.

– Meister Eckhardt

Gratitude is not only the greatest of virtues, but the parent of all others.

- Marcus Tullius Cicero

One can never pay in gratitude: one can only pay 'in kind' somewhere else in life.

- Anne Morrow Lindbergh

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There is a calmness to a life lived in gratitude, a quiet joy. – Ralph H. Blum



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Nothing is more honorable than a grateful heart -Seneca

I awoke this morning with devout thanksgiving for my friends, the old and the new.
- Ralph Waldo Emerson

Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful. – Buddha

A thankful heart is not only the greatest virtue, but the parent of all virtues - Cicero

Gratitude is the memory of the heart. – Jean Baptiste

It is a pleasure appropriate to man, for him to save a fellow-man, and gratitude is acquired in no better way. – Ovid

That possession which we gain by the sword is not lasting; gratitude for benefits eternal.
-Quintus Curtius Rufus

I've heard of hearts unkind, kind deeds With coldness still returning; Alas! The gratitude of men Hath often left me mourning. – William Wordsworth

Gratitude is one of those things that cannot be bought. It must be born with men, or else all the obligations in the world will not create it. – Lord Halifax

Gratitude is a duty which ought to be paid, but which none have a right to expect.
-Jean Jacques Rosseau

Nothing tires a man more than to be grateful all the time. – E. W. Howe

There is much greatness of mind in acknowledging a good turn, as in doing it – Seneca

Gratitude is the hearts memory. French Proverb

Gratitude is the fairest blossom which springs from the soul. – Henry Ward Beecher

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. --John Fitzgerald Kennedy

Courtesies of a small and trivial character are the ones which strike deepest in the grateful and appreciating heart. --Henry Clay

An understanding heart is everything in a teacher, and cannot be esteemed highly enough. One looks back with appreciation to the brilliant teachers, but with gratitude to those who touched our human



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feeling. The curriculum is so much necessary raw material, but warmth is the vital element for the growing plant and for the soul of the child. --Carl Jung

Gratitude is merely the secret hope of further favors. --Francois de La Rochefoucauld

Let's be grateful for those who give us happiness; they are the charming gardeners who make our soul bloom. --Marcel Proust

Animals are reliable, many full of love, true in their affections, predictable in their actions, grateful and loyal. Difficult standards for people to live up to. --Alfred A. Montapert

The debt of gratitude we owe our mother and father goes forward, not backward. What we owe our parents is the bill presented to us by our children. --Nancy Friday

Feeling gratitude and not expressing it is like wrapping a present and not giving it
--William Arthur Ward

Courtesies of a small and trivial character are the ones which strike deepest in the grateful and appreciating heart. --Henry Clay

What is the appeal about cats?" he said kindly. "I've always wanted to know." "They don't care I you like them. They haven't the slightest notion of gratitude, and they never pretend. They take what you have to offer, and away they go. --Mavis Gallant

Charity never humiliated him who profited from it, nor ever bound him by the chains of gratitude, since it was not to him but to God that the gift was made.
--Antoine de Saint-Exupery

It is with a grateful heart that I share these words of wisdom with you.....we're grateful that you have agreed to participate in the 64 Days/64 Ways Season for Non-Violence! You are a blessing to the communities you are involved in.....

SNV Oakland
www.snvoakland.org