



## Day 33

Beloved Peacekeepers,

Greetings from Chicago - UCORS Gathering. Season continues the interpersonal daily practice with acknowledgment. Here at the Gathering, each session begins with "honoring" individuals for their contributions....acknowledging them, and saying thank you for what you do....

### **Today's Principle, Today's Practice - ACKNOWLEDGMENT**

Tell someone today what a difference he/she has made in your life. Acknowledge that person for being there for you. Make this a day when you don't take people for granted.

**Ask yourself:** How do we acknowledge our parents, our teachers, ourselves? What are some forms an acknowledgment might take? Do you think public acknowledgment is more or less important than self-acknowledgment? What are some ways in which you have been publicly acknowledged? (i.e., graduation ceremony, sports trophies, etc.)

**Activity** - Plan an acknowledgment dinner for your family and remember all of the everyday things you do for each other -- notice how far kind words can carry you. Get a large piece of paper and make a headline for a newspaper -- describing your accomplishment -- how does it feel...

**Journal Activity:** Journal your thoughts....today, use crayons or color pens - live differently and vibrantly!

### **Consider this Quotes on Acknowledgment:**

Real life isn't always going to be perfect or go our way, but the recurring acknowledgment of what is working in our lives can help us not only to survive but surmount our difficulties. Each day offers us the gift of being a special occasion if we can simply learn that as well as giving, it is blessed to receive with grace and a grateful heart. - Sarah Ban Breathnach

Give acknowledgment to all today....for the impact they have on your life.....to each of you - THANK You for making the difference in our future, by saying yes to daily inspirations and "deepening the practice."

Blessings,

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