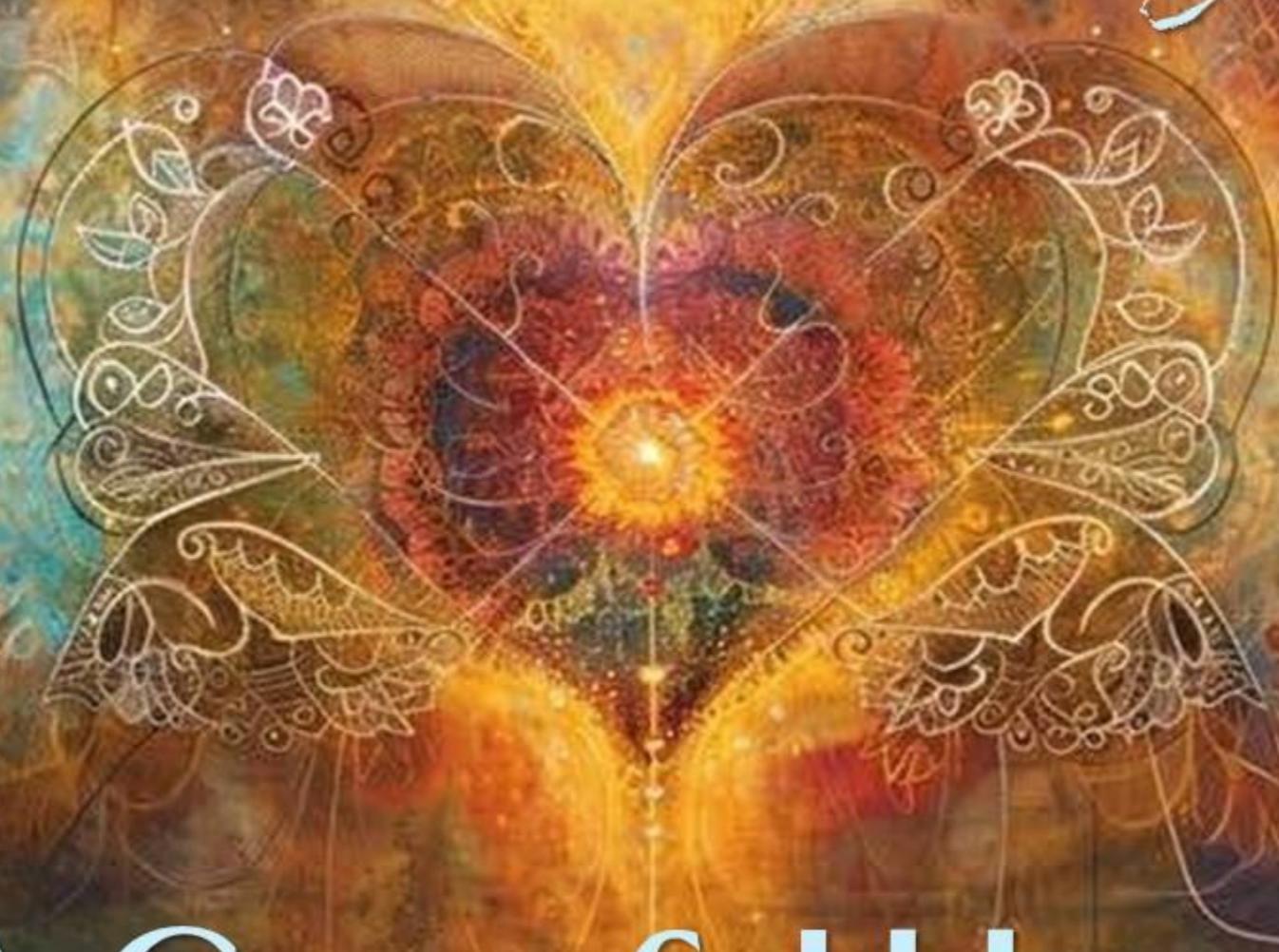


Abundance Flows Through...



A Grateful Heart

Do not quench the Spirit,
but give thanks in all
circumstances.

1 Thes. 5.18-19

The Benefits of Gratitude

LEADERS:

We're able to forget our worries...

Our body chemistry changes
and stress is released...

We feel safe and peaceful

ALL:

**Yes, Divine Abundance flows
and I am deeply grateful.**

The Benefits of Gratitude

LEADERS:

We're able to be present...

We can sit quietly and absorb
the beauty around us...

We notice the wonder of being alive.

ALL:

**Yes, Divine Abundance flows
and I am deeply grateful.**

The Benefits of Gratitude

LEADERS:

Our heart opens...

We are happy, filled with joy...

Our faces shine and our eyes brighten.

ALL:

**Yes, Divine Abundance flows
and I am deeply grateful.**

The Benefits of Gratitude

LEADERS:

Gratitude attracts greater abundance in our lives,
We become a magnet for our good,
even in the midst of challenge,
The more we are grateful,
the more we have to be grateful for.

ALL:

**Yes, Divine Abundance flows
and I am deeply grateful.**

The Benefits of Gratitude

LEADERS:

We are liberated from self-centeredness
and can focus on others...

We become aware of the
loving relationships in our life...

We are kinder, gentler, and more compassionate.

ALL:

**Yes, Divine Abundance flows
and I am deeply grateful.**

The Benefits of Gratitude

LEADERS:

Others are attracted to us...

We are fun to be around...

We connect to the Spirit in others.

ALL:

**Yes, Divine Abundance flows
and I am deeply grateful.**

The Benefits of Gratitude

LEADERS:

We see God in everything and everyone...

We desire good for all...

We are one with God and all is well.

ALL:

**Yes, Divine Abundance flows
and I am deeply grateful.**

The Benefits of Gratitude

LEADERS:

Thankfulness is a builder and strengthener...

Thankfulness is a healer, a multiplier of the good, and a dissolver of the negative...

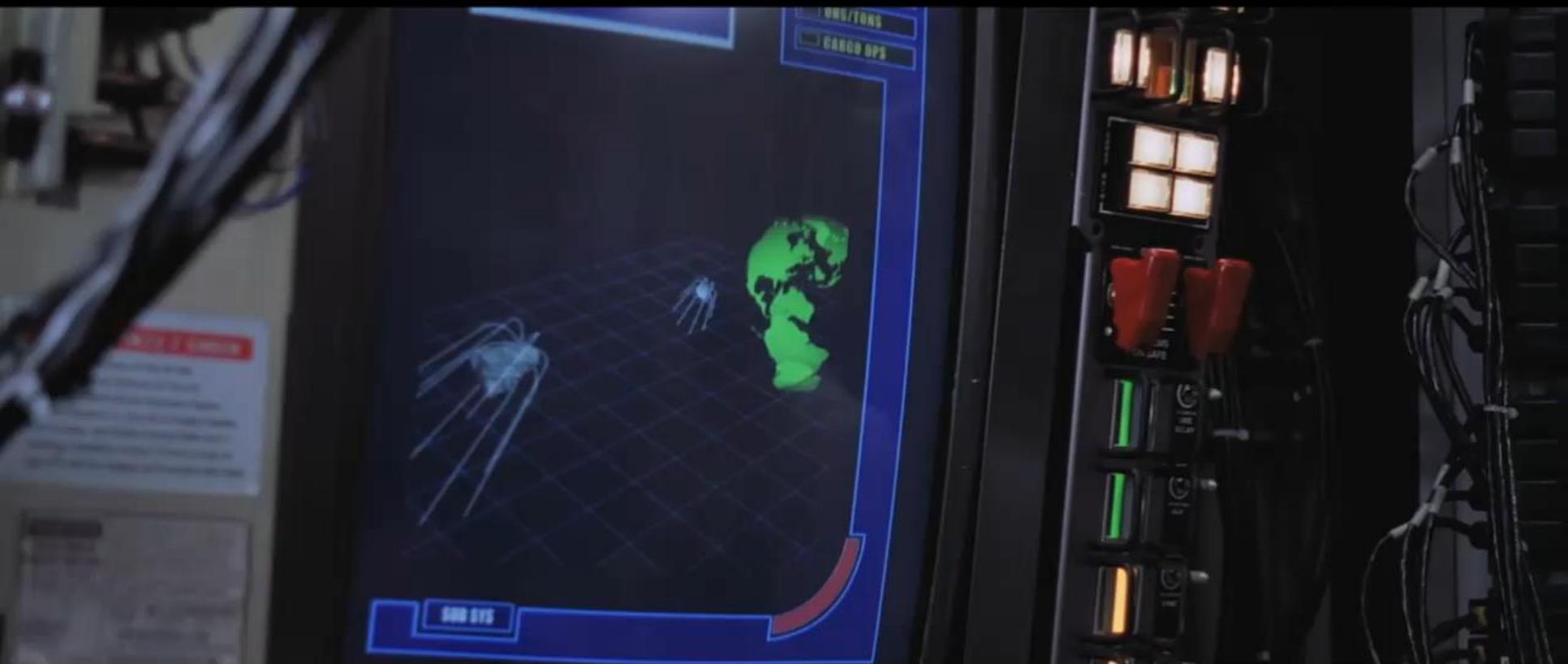
Thankfulness is a lifter and a life-giver.

ALL:

**Yes, Divine Abundance flows
and I am deeply grateful.**

The most revolutionary act
you can commit in today's society
is to be publicly happy.

Patch Adams



Our Value of Humor

Humor is a lighthearted, joyful perspective that enables us to look for the good in life.

Unity brings humor to messages, games, activities, social functions, and yes... even to our Board Meetings!

I smile at others.

I allow joy to influence my thoughts.

I share the lighter side of life.

I am open to being playful.



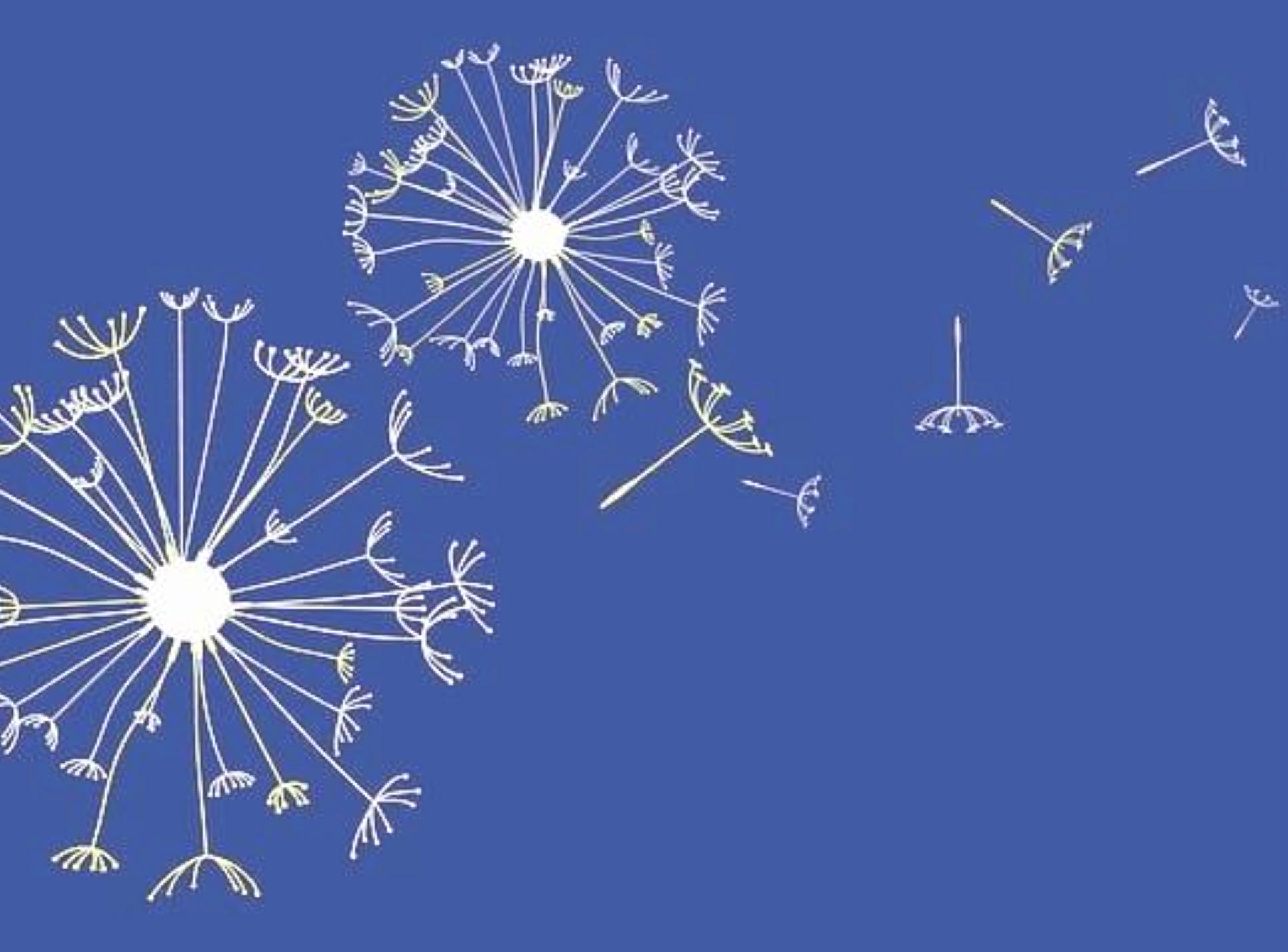
OH, HI.

YOU'RE HOME EARLY.









Abundance Flows Through...

A Light Heart