

# GARGOYLE GAZETTE

October 2023



## An Attitude of Gratitude

Psalm 8 is one of my favorite Psalms. It begins, “O Lord, our Lord how glorious is your name over all the earth.” It is a Psalm of praise to God for creation. This Psalm also speaks to me of gratitude which springs forth from praising God.

Gratitude is a positive attitude that one acquires. To be thankful is a blessing for oneself and for others. Gratitude acknowledges our humility and our dependence on God and on others.

Gratitude is a way of life. It produces positive energy in us. It is an antidote for depression. We cannot be thankful and depressed at the same time. I have found that when one feels low or down, it is good to make a list of all for which we are thankful.

When we possess an attitude of gratitude, we in turn want what is best for others. Our attitude of gratitude will help us to care for the earth by the way we live and do all that we can to help others so that others may enjoy the beauty of creation.

I have seen gratitude at work in our parish community and the way people care about others. We have many ministers engaged in ministry in our community. When one attends Mass here, we can appreciate all involved and really feel a spirit of hospitality. Thank You!

Peace be with you,

*Sr. Barbara Woeste, O.S.B*

