

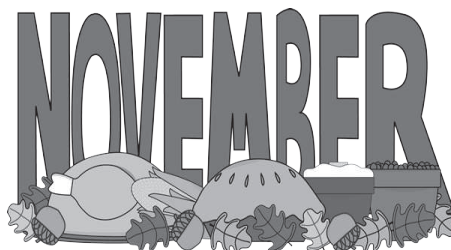
Abundant Blessings...

November is a special time to dig deep into our hearts and appreciate all the blessings in our lives. Abundance comes not from without but from within. Its presence is sparked from the recognition that we are already rich—rich in spirit. Genuine abundance and prosperity emanates from the love inside of us, that infinite well-spring where our fulfillment and peace of mind exists; the source of love within us where our genuine inspiration lives; the channel that allows our creativity to burst forth and our love to pour outward. When we recognize that we're all connected then we understand that to give to another is the same as giving to ourselves.

Diane Berke states, "Giving and receiving are complementary aspects of a single movement, a single process, like breathing in and breathing out." Whenever you are giving a part of yourself via a creative endeavor, discussion or anything else, you are also the receiver of your energy. Since we are all one, whatever you give to another, you are by definition, giving to yourself. In Buddhism being compassionately generous to all people is the basis for living a genuine and fulfilling spiritual life. In this same spirit of wisdom, the Buddhist teachings remind us that all of our suffering occurs from having an attachment to something outside ourselves. These somethings are what keeps

us on the "wheel of suffering," the merry-go-round of external attachments that all human beings must come to terms with during their journey on this earth. As we practice giving we are reminded that we need nothing outside ourselves, that everything we will ever need is already within.

Practical ways to experience abundant blessings in your life include: **Increase your willingness to give.** Give a little more than you think you can, a little more than you feel comfortable with. The key here is a little more. Every day we have opportunities to give and we grow in abundance. **Keep your intentions pure.** Remember you are always the giver and receiver. Be willing to give to others in a way that you would want to be given to. **Practice receiving with graciousness.** So many times we discount compliments or refuse to receive what another wants to give. Remember you cannot truly give if you're unwilling to receive, for they compliment each other like a hand and glove. You were born to live a life that creates and represents your own unique masterpiece.



Our Thanksgiving Prayer

Good and gracious God, we come before You today united with all who give You thanks and praise. Fill us with gratitude for Your many blessings, both physical and spiritual.

We thank You in particular this day for the gifts of food and family. Bless this food, Lord, that it may nourish our bodies. Bless our family, especially those who can't be with us today. Also today, we remember those of our family who have gone to be with You.

Grant us Your spiritual blessings and help us pray daily for the grace to serve You in response to Your bountiful gifts to us. Bless all who serve You throughout the world.

We pray this in the name of Jesus, Your Son, our Lord, who gives all things freely according to our needs. Continue to bless us and give us Your peace. Amen!

Gratitude A Way of Life

Each day whether your momentary experience is joyful or challenging, you can stimulate more of the power of gratitude by saying to yourself: I rejoice that I have the extraordinary opportunity to live the miracle of human existence on the physical earth. I am grateful for the variety of experiences that are available to me in my human life and I celebrate the loving forces of my soul and of God that make my life possible!

Turn Transitions into Treasures

I'm (this age) and turning (that age) years old. Are you at a crossroad about how you are going to live the last phase of life? At whatever point in life you happen to be, your spiritual philosophy and life attitude are always available to you for finding the truth. Thus far you probably have had an active and satisfying life that is a source of serenity and joy. No matter what age you are, it is the "beginning of the beginning."

You have been experiencing transitions, challenges and change all your life that have birthed and nurtured your strength and confidence. Be mindful of the strength of friendships and family, the memories of all the little successes, the reinforcement of the abundance you are blessed with by just living and the chance to give back.

A thousand doors have been opened to you throughout your life, and you have the ability to open more doors inside you. You may sense the briefness of life and your kinship with others, how much it matters to be alive, now marvelous your life is, how good it is to have the wonderful strange passion of your spirit in life. As challenges or transitions confront you, it's important to remember you have embedded in you the skills and abilities to make the right choices. Turn your transitions into treasures!

QUOTABLE: *During my 87 years I have witnessed a whole succession of technological revolutions. But none of them has done away with the need for character in the individual or the ability to think. Bernard Baruch*

I think we exaggerate the flexibility and freshness of young people. Advanced age can be conducive to conceptual skills that are extraordinarily important. Ross Webber

Many folks want to serve God, but only as advisers. / It is easier to preach ten sermons that it is to live one!

Namaste!

Editor Jane Zoltek, ssj-tosf

Dear God,
I give this day to You.
May my mind stay centered
on the things of spirit.
May I not be tempted to
stray from love.
As I begin this day, I open to
receive You.
Please enter where You
already abide.
May my mind and heart be
pure and true, and may I
not deviate from the things
of goodness.
May I see the love and inno-
cence in all humankind, be-
hind the masks we all wear
and the illusions of this
worldly plane. I surrender to
You my doings this day.
I ask only that they serve
You and the healing of the
world.
May I bring Your love and
goodness with me, to give
unto others wherever I go.
Make me the person You
would have me be.
Direct my footsteps and
show me
What You would have me
do.
Make the world a safer,
more beautiful place.
Bless all your creatures.
Heal us all, and use me,
dear Lord that I might know
the joy of being used by You.
Amen.

