

St Mark's Community of Faith Project

In the fall of 2020, after 8 months of isolation from our church family, St. Mark's Executive Council launched the **Community of Faith Monthly Project**, to focus our attention on something positive!

In October 2020, we began with the Kindness Project, inviting our congregation to do remote random acts of kindness.

November 2020, with an updated and fresh website we encouraged: Sharing. Inviting the congregation to share our new website with a friend, family or neighbour.

December 2020 was about: Speak up speak out – spread some cheer! With everyone's smile hidden by their masks, we encouraged congregants to say hello and Merry Christmas!

The January 2021 project was: Gift of Time – give your time to make someone else's day – walk a dog, deliver a homemade treat, etc.

February 2021 project was: Spread some love! – send a valentine's message to a nursing home, community member that lives alone, or just anyone!

The March 2021 project was: 'March' for Optimism! There is lots to look forward to, so train yourself to be optimistic!

St. Mark's Community of Faith Project for April 2021 is Gratitude!



"Live each day with an attitude of gratitude!"

"This is the day that the Lord has made; let us rejoice and be glad in it. (Psalm 118:24)

Gratitude is a **thankful** appreciation for what an individual receives, whether tangible or intangible. With **gratitude**, people acknowledge the goodness in their lives. Practicing **gratitude** actually increases dopamine in your brain (the stuff that makes you feel good!) and encourages your brain to seek more of the same. So, scientifically speaking, the more you are grateful for, the more you will find things to be grateful for.

Did you know, **GRATITUDE**...

- shields you from negativity.
- makes you at least 25% happier.
- rewires your brain.
- eliminates stress.
- heals.
- improves sleep.
- boosts self-esteem & performance.
- improves relationships.

“The more grateful I am, the more beauty I see.” (Mary Davis)

“Gratitude makes sense of the past, brings peace for today, and creates a vision for tomorrow.” (Melody Beattie)

Some ideas for **GRATITUDE**:

- Tell someone you love them and how much you appreciate them.
- When you think a negative thought, try to see the positive side in the situation.
- Say thank you for the little things your loved ones do for you, things you normally take for granted.
- Nurture the friendships you have, good friends don’t come along every day.
- When times are good, notice and help others. When times are bad, focus on your family and friends who are at your side.

“Happiness cannot be travelled to, owned, earned, worn, or consumed. Happiness is the spiritual experience of living every minute with love, grace, and **gratitude**.” (Denis Waitley)

“When you practice gratefulness, there is a sense of respect towards others.” (Dalai Lama)



Love. Grow. Serve.