

## Community Circles

A Thank You Note of Gratitude for 2020!, with Rev. Marylou Palmer

Aired 11/29/2020 – [Watch on YouTube](#) (high-speed available)



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*“It’s not joy that makes us grateful – it’s gratitude that makes us joyful.”*

*~ Brother David Steindl-Rast*

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Last Sunday, we were thrilled to welcome Rev. Marylou Palmer exploring the many ways we can harvest gratitude in this profoundly transformational year of 2020.

Marylou first pointed out the difference between transformation and change. Change is intentional and often eagerly anticipated. Transformation, on the other hand, always begins with an ending and it’s often not easy. Too often, the transformations in our lives result, at least initially, in a loss of identification and a sense of self. We don’t know what’s next, leading to what Marylou termed “freakout.”

So what do we do? We minimize, we deny, we become emotionally reactive, and we assign blame. The solution? She suggests that we find ways to start engaging with acceptance, and with each other. We appreciate and harvest the good, in each situation. As Marylou put it, “we’re the ones we’re waiting on.”

Marylou gave us **seven different appreciation prompts**. They are:

1. appreciate your breath – deep, conscious breaths.
2. appreciate how well your needs have been met, and do an inventory.
3. appreciate your pain and the longings of your heart. What is it you want to do?
4. appreciate forgiveness. Do you need to become a better forgiver?
5. appreciate how your life has been shaped by failure or loss.
6. appreciate your “peeps” – your partners, family, friends.
7. appreciate your hope and faith – they are prerequisites for optimism for the future.

*What are your thoughts on these seven prompts? How do you harvest gratitude in these often turbulent times?*