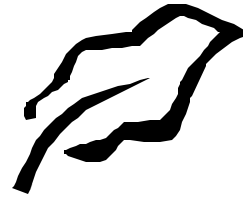


## Gratitude for the Little Moments...

the little moments,  
assumed and presumed,  
slip quickly through  
the fingers of my busy life.

October gestures  
with a wrinkled brown hand,  
beckons me wisely  
to consider  
those fleeting moments of grace,  
in things quickly passing:

a walk on a musky-wooded path,  
a cup of coffee silently savoured,  
a birdsong in the squeaky hours of  
dawn, the gentle touch of a liver-  
spotted hand,  
a loving letter from a grateful  
stranger,  
a fading crescent moon in a royal  
blue sky.



I turn to gather  
finely layered remnants like  
these in the come and  
go of my days, and discover, with surprise,  
how quickly my inner room  
is a harvest place of gold.

—Joyce Rupp  
*Out of the Ordinary*

## Closing Prayer

We give You thanks, O God,  
for great moments of joy and strength  
that come to us when by strong and  
special movements of grace  
we are able to perform some act of pure  
and disinterested love.

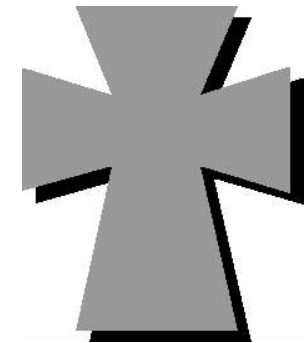
For the clean fire of that love  
which floods the soul and cleanses  
the whole person and leaves us filled with an  
unexpected lightness and freedom for action.

For the moment of pure prayer  
which not only establishes order in the soul,  
but even fortifies us against physical weariness  
and brings us to a new lease on life itself.  
God be to You for Your precious gift.

—Thomas Merton

Compiled by Les Miller and Melinda Rapallo  
York Catholic District School Board

## Gratitude... *A Prayer Of Thanksgiving*



*“The great thing, and  
the only thing, is to  
adore and praise  
God...”*

*-Thomas Merton*

## Memories of the Thankful Heart

Loving God,  
It is good to be here.  
May our gratitude for this moment  
Extend back through time  
Tracing the ways  
You have taught us wisdom  
Into the future with hope  
for promises to be fulfilled  
Around the world  
To embrace Your people  
Trying to build a civilization of love  
Up into the heavens  
To wonder at the majesty  
Of Your creation.  
May our time together  
Remind us of our gratitude  
For Your gifts.  
**All:** Amen.

—Les Miller



## Scripture Reading— Philippians: 4:4-7

Let us listen to the words from the letter of  
Paul to the Philippians.

“Rejoice in the Lord always; again, I will say  
rejoice! Let your gentle spirit be known to all  
men and women. The Lord is near you. Be  
anxious for nothing, but in prayer and suppli-  
cation with thanksgiving let your requests be  
made known to God. And the peace of God,  
which surpasses all comprehension, will  
guard your hearts and your minds in Christ  
Jesus.” *The Word of the Lord.*

**All:** Thanks be to God.

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## Silent Reflection

Let us now take a moment to reflect on the  
people and things for which we are thankful.



## Gratitude for the Little Moments

*“Exhaust the little moment. Soon it  
dies. And be it gash or gold, it will not  
come again in this identical dis-  
guise”. —Gwendolyn Brooks*

gratitude, yes,  
for all the big things  
that stand tall,  
thick with abundance,  
joy, fruitfulness.  
I cannot help  
but applaud  
their presence. ..

but deep thankfulness  
for the bite-sized  
pieces of my life?  
I had not thought of them,  
those little snippets of time  
so easily consumed  
in the hurry and blur  
of pretentious days.