

July 29, 2020

Spiritual Life

Taking Good Care

Thanksgiving is a few months away, but gratitude is a year-round state of mind. Practicing gratitude can promote an improved mood, hope, and resilience. We found the tool below while looking for a way to expand on the question, “*What am I grateful for?*” Take time to meditate on one or two each day—maybe write your answers out in a journal or find a buddy who will join you in answering these questions in a daily “gratitude” conversation. See where gratitude takes you.



REACH OUT!

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***Please reach out if
you need support or
help in staying
connected right now.***

We are here to help!



#1 What smell are you grateful for today?	#2 What technology are you grateful for?	#3 What color are you grateful for?
#4 What food are you most grateful for?	#5 What sound are you grateful for today?	#6 What in nature are you grateful for?
#7 What memory are you grateful for?	#8 What book are you most grateful for?	#9 What place are you most grateful for?
#10 What taste are you grateful for today?	#11 What holiday are you grateful for?	#12 What texture are you grateful for?
#13 What abilities are you grateful for?	#14 What sight are you grateful for today?	#15 What season are you grateful for?
#16 What about your body are you grateful for?	#17 What knowledge are you grateful for?	#18 What piece of art are you grateful for?
#19 What touch are you grateful for today?	#20 Who in your life are you grateful for?	#21 What song are you most grateful for?
#22 What story are you grateful for?	#23 What tradition are you grateful for?	#24 What challenge are you grateful for?
#25 What moment this week are you most grateful for?	#26 What form of expression are you most grateful for?	#27 What small thing that you use daily are you grateful for?
#28 What small thing that happened today are you grateful for?	#29 What friend/family member are you grateful for today?	#30 What talent or skill do you have that you are grateful for?

“The Cut that Heals”

by Alden Solovy

What if I opened my heart
Fully, completely,
Without fear or hesitation?
Would I overflow with
Joy with beauty with love?

*Yes, my child,
You would overflow
With radiance and splendor,
With wonder and thanksgiving.*

What if I opened my eyes
Fully, completely,
Without fear or hesitation?
Would I overflow with
Grief with loss with desolation?

*No, my child,
You would overflow
With kindness and grace,
With awe and compassion.*

What if I opened my hands
Fully, completely,
Without fear or hesitation?
Would I drown in the work
Of repairing the world
In the depths of need and despair?

*No, my child,
You would rise up
With strength and wisdom
A well of mercy,
A beacon of light at the gates of healing.*

Soul of the Universe,
I put my trust in You.
Open my heart and my eyes,
Open my hands and my life,
To the fullness of glory
And the mystery of creation,
Fully, completely,
Without fear or hesitation.
Lead me on the path of service
To Your Word and Your world.

*Remember this, dear ones:
Love and loss are the same gift.
Grief and joy the same cloth.
Faith and doubt the same path.
The cut that wounds
Is the cut that heals.
When you rise up, renewed,
Tears and laughter will
Meet in the core of your being.
Grace and mercy will flow
Through you like water.
You will be a fountain of blessings,
A source of righteousness and charity,
And you will sing humble praises
To G-d's holy name.*