



Help the Stewardship Committee Give Thanks



At times, we can't help but feel overwhelmed and anxious about what how much we have to do. We tell ourselves to just stop feeling sorry for ourselves, but to no avail. While life can be hard, what we are learning is that mentally strong people choose to exchange self-pity for gratitude. Science is now finding that by simply taking a moment to silently acknowledge all that you have and giving thanks to others can transform our lives.

For example, did you know that grateful people experience fewer aches and pains?! They also report feeling healthier than other people, according to a 2012 study published in the journal *Personality and Individual Differences*. Other studies have found that gratitude has even been found to reduce a multitude of toxic emotions, from envy and resentment to frustration and regret.

Parent to Parent would like to invite you to help us give thanks!

On October 19th, from 12:00 to 2pm, we will be holding our second Stewardship meeting at our Atlanta office. We will spend 2 hours writing thank you notes to individuals who have helped make Parent to Parent's work possible during this last year!

We all have the ability and opportunity to cultivate gratitude. Rather than worry and complain about the things you think you deserve, take a few moments to focus on all that we have together. Developing an "attitude of gratitude" is one of the simplest ways to improve your satisfaction with life. Please consider taking two hours of your day to join us in October to give of yourself by giving to others!

Gratefulness is that fullness of life for which we are all thirsting.

BR. DAVID
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