

The Gratitude Project

If the only prayer we ever say in our lives is "Thank You," that will be enough.

- Meister Eckhart

Gratitude is an act of grace. It creates a sense of perspective, allowing us to see the bigger picture. Not only does it open up possibilities of receiving in ourselves, but it transforms the world – one positive action at a time. And we may never know the impact of our good works.

In gratitude for being able to do my work and be of service to you, I have initiated *The Gratitude Project* in my practice. For every session that I provide, I will donate \$1 to one of three worthwhile organizations that provide direct assistance to persons in need.

I have chosen the following three organizations as recipients of *The Gratitude Project*. I have past or present personal involvement with each of the three organizations and believe in their work.

1. **Covenant House California.** Covenant House provides services to homeless and runaway youth, most of whom come from backgrounds of abuse, neglect and addiction. Services include emergency and transitional housing, food, medical services, educational and vocational training and psychological counseling.
For more info, visit www.CovenantHouseCalifornia.com.
2. **Step Up on Second – Daniel's Place.** Daniel's Place is an organization for young adults (18-29) and their families experiencing mental illness such as depression, bipolar disorder and schizophrenia. Services include support groups, individual consultations, assistance with housing and employment.
For more info, visit www.DanielsPlace.org
3. **St. Monica Holy Cross Africa Ministry.** St. Monica Catholic Community in Santa Monica supports a sister parish – Holy Cross Parish – located in one of the world's largest slums just outside of Nairobi, Kenya. Since 2002, their support has helped to build a school and a medical dispensary in addition to providing day to day needs for the thousands of families in that community.
For more info, visit www.stmonica.net/care_justice/social_justice/africa/index.html

Consider how you can foster a greater sense of gratitude into your life and/or work. Create a gratitude journal, let one person know you appreciate them every day, or consider applying "The Gratitude Project" to your work.