



Sounds of The Season



Sunday, December 7th 5:30 pm St. Paul Church

*You are invited to our Christmas Gathering
where families & friends can hear and join in with popular*

*Sound of the Christmas Season, Featuring:
the St. Paul Adult Choir, Selections from Saint Paul
School Students and our children's group, Exultations!*

*Bring the family for this heartwarming gathering
as we look forward to our celebration of the
Nativity of our Lord, Jesus Christ.*



COFFEE, DONUTS & ADVENT!

The Family Life Committee
invites you to make an Advent Craft
with your child to prepare for the coming of Christmas!

Sunday, November 30th
After the 9:00 and 10:30 am Masses

Come enjoy some coffee & treats and have
some fun learning about the reason for the season!



QUESTIONS? Please email: families@stpaulkensington.org



PARISH NURSE MINISTRY NOTES



GIVING THANKS CAN MAKE YOU HAPPIER

November begins the holiday season with high expectations for a cozy and festive time of year. However, for many, this time of year is tinged with sadness, anxiety or depression. Also, there are individuals who just feel lost, overwhelmed or down. Research suggests that one aspect of the holiday season can actually lift the spirits, and it's built right into the holiday season – expressing gratitude.

The word gratitude is derived from the Latin word *gratia*, which means grace, graciousness, or gratefulness. Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives. Most people recognize that the source of goodness lies at least partially outside them. As a result, gratitude also helps people connect to something larger than themselves as individuals – whether to other people, nature, or a higher power.

Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships. People feel and express gratitude in multiple ways. They can apply it to the past (retrieving positive memories and being thankful for elements of childhood or past blessings), the present (not taking good fortune for granted as it comes), and the future (maintaining a hopeful and optimistic attitude). Regardless of the inherent or current level of someone's gratitude, it's a quality that individuals can successfully cultivate further. Published research data seems to support an association between gratitude and an individual's well being. Other studies have collected data on the improvement of relationships. Wharton School

the University of Pennsylvania conducted studies on managers who remembered to say "thank you" to people who work for them and those who did not. The evidence demonstrated that the people being thanked worked harder and were more motivated.

Gratitude is a way for people to appreciate what they have instead of always reaching for something new in the hopes it will make them happier, or thinking they can't feel satisfied until every physical and material need is met. Gratitude helps people focus on what they have instead of what they lack. And although it may feel contrived at first, this mental state grows stronger with use and practice.

The following are some ways to cultivate gratitude on a regular basis:

- Write a thank-you note. You can make yourself happier and nurture your relationship with another person by expressing your enjoyment and appreciation of that person's impact on your life.
- Thank someone mentally. It may help just to think about someone who has done something nice for you and mentally thank the individual.
- Keep a gratitude journal. Make it a habit to write down or share with a loved one thoughts about the gifts you have received each day.
- Count your blessings. Pick a time every week to sit down and write about your blessings, reflecting on what went right or what you are grateful for.
- Pray. People who are religious can use prayer to cultivate gratitude.
- Meditate. Mindfulness meditation involves focusing on the present moment without judgment. Focus on what you are grateful for.

Most of the material from this article comes from the Harvard Health Publication.





2014 Thanksgiving Prayer from Archbishop Leonard Blair

O God, ever good and merciful, look graciously
upon us as we celebrate Thanksgiving Day.

Our nation has been richly blessed,
and we thank You for the necessities of life
that so many of us enjoy in abundance.

May we never take these gifts for granted or forget that
they come from You, the Creator and Author of Life.

We pray for those among us who suffer as a result of
material, spiritual or moral poverty.

Enkindle in us a greater charity toward our neighbor in
need, and help us as a people to build
a more just and peaceful society and world.

We pray in a special way for those who are persecuted
for their faith throughout the globe.

Thank you, Father, for all Your blessings,

In the Name of Christ Our Lord.

Amen.

