**November is National Gratitude Month**

Two people looking at the camera

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National Gratitude Month allows us to acknowledge the blessings we have in our lives.

Gratitude, when practiced consistently, has powerful physical, psychological and emotional effects, such as improved overall sense of well-being, a stronger immune system, fewer feelings of isolation, and better sleep.

National Gratitude Month can inspire us to try something new, like meditating on all for which we are thankful. Other ways to observe include:

* Sending emails or handwritten notes to those for whom you are grateful. Share how that person has inspired you or made a positive impact on your life.
* Volunteering at your faith community or nonprofit organization. This can allow you to express gratitude and feel satisfied, knowing your efforts are making a difference.
* Donating to your faith community or favorite charity.
* Keeping a gratitude journal, taking note of the things that you are grateful for that day.



11/2020

***Prayer****: May we do more than just acknowledge the goodness in our lives. Let us recognize the source of the blessings bestowed upon us. Allow us to show our gratitude by serving others during the season of Thanksgiving and beyond.*

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