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2016

100 RANDOM THOUGHTS ON GRATITUDE

FOREWORD

I decided to move things along and get this little booklet, *100 Random Thoughts on Gratitude*, out to you in time for Christmas. Could there be a more appropriate time to reflect on gratitude – when the Word became flesh and chose to dwell amongst us?

Page | 2

In my long life, I have so much to thank God for. I grew up in a family that loved me – in the way that people of the early twentieth century did! I had good teachers, whose qualities stay with me still. I am grateful for the beauty of creation. The thing I am most grateful for is my life as a Passionist. My ministries have been rich and rewarding I have lived in community with very good men. My friends have been a huge reason for gratitude.

Can we ever say we are grateful enough for all that has been given to us? We might sometimes think we are and then God gifts us with something more.

So I will just have to continue to say: *Thank you, God! Thank you! Thank you!*

Gerard CP



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Christmas 2016

Photo: 18th December 2016

1. Joy is the simplest form of gratitude — *Karl Barth in Joy by Beverly Elaine Eanes*



2. Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. - *Colossians 3:16*



3. Creation is not a property, which we can rule over at will; or, even less, is the property of only a few: Creation is a gift, it is a wonderful gift that God has given us, so that we care for it and we use it for the benefit of all, always with great respect and gratitude. - *Pope Francis*



4. The movement toward gratitude, authenticity, and union is the natural and organic inner work of the second half of our lives.- *Richard Rohr*





5. People who approach life with a sense of gratitude are constantly aware of what's wonderful in their life. Because they enjoy the fruits of their successes, they seek out more success. And when things don't go as planned, people who are grateful can put failure into perspective. - *Geoffery James*



6. Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude. — *Ralph Waldo Emerson*



7. If having a soul means being able to feel love and loyalty and gratitude, then animals are better off than a lot of humans. — *James Herriot, All Creatures Great and Small*



8. The generosity of God in sharing the goodness of creation with us can elicit only one possible response — that of gratitude. - *Esther de Waal* quoted in *To Everything a Season* by *Bonnie Thurston*



9. In every way and everywhere we accept this with all gratitude. - *Acts 24:3*



10. Gratitude is a flower that blooms in noble souls. – *Pope Francis*



11. Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom. - *Marcel Proust*



12. Let gratitude be the pillow upon which you kneel to say your nightly prayer. - *Maya Angelou*





13. Gratitude is the intention to count-your-blessings every day, every minute, while avoiding, whenever possible, the belief that you need or deserve different circumstances. — *Timothy Miller in How To Want What You Have*



14. You will be enriched in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God. – *2 Cor. 9:11*



15. May the work of your hands be a sign of gratitude and reverence to the human condition. - *Mahatma Gandhi*



16. At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us. – *Albert Chesterton*



17. One looks back with appreciation to the brilliant teachers, but with gratitude to those who touched our human feelings. The curriculum is so much necessary raw material, but warmth is the vital element for the growing plant and for the soul of the child. - *Carl Jung*



18. Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts. - *David O. McKay*



19. Two kinds of gratitude: the sudden kind we feel for what we take; the larger kind we feel for what we give. – *Edwin Arlington Robinson*



20. Sanctity has to do with gratitude. To be a saint is to be fueled by gratitude, nothing more and nothing less. — *Ronald Rolheiser in The Holy Longing*





21. Darkness deserves gratitude. It is the alleluia point at which we learn to understand that all growth does not take place in the sunlight.” — *Joan D. Chittister*



22. Gratitude opens the door to...the power, the wisdom, the creativity of the Universe. You open the door through gratitude. - *Deepak Chopra*



23. Demonstrate gratitude for the simple things in life. Show your child that you are a person who is truly grateful for the simple, good things in life: a sunset, rain, insects, birds, children laughing, or a kind gesture. ... Appreciative people are happy; they see the beauty in life while others miss it. — *Richard Carlson, Celebrate Your Child: The Art of Happy Parenting*



24. Look closely and you will find that people are happy because they are grateful. The opposite of gratefulness is just taking everything for granted. — *David Steindl-Rast in The Music of Silence*

25. There is not a more pleasing exercise of the mind than gratitude. It is accompanied with such an inward satisfaction that the duty is sufficiently rewarded by the performance. – *Joseph Addison*



26. To speak gratitude is courteous and pleasant, to enact gratitude is generous and noble, but to live gratitude is to touch Heaven. — *Johannes A. Gaertner quoted in Words of Gratitude by Robert A. Emmons and Joanna Hill*



27. Gratitude is the memory of the heart. - *Jean Baptiste Massieu*



28. We learned about gratitude and humility - that so many people had a hand in our success, from the teachers who inspired us to the janitors who kept our school clean... and we were taught to value everyone's contribution and treat everyone with respect. - *Michelle Obama*





29. We think we have to do something to be grateful or something has to be done in order for us to be grateful, when gratitude is a state of being. - *Iyanla Vanzant*



30. Gratitude is the music of the heart, when its chords are swept by the breeze of kindness. – *Author unknown*



31. None is more impoverished than the one who has no gratitude. Gratitude is a currency that we can mint for ourselves, and spend without fear of bankruptcy. - *Fred De Witt Van Amburgh*



32. Gratitude is the fairest blossom which springs from the soul. – *Henry Ward Beecher*

33. To speak gratitude is courteous and pleasant, to enact gratitude is generous and noble, but to live gratitude is to touch Heaven." - *Johannes A. Gaertner*



34. Gratitude can transform common days into thanksgivings, turn routine jobs into joy and change ordinary opportunities into blessings." - *William Arthur Ward*



35. There is a calmness to a life lived in Gratitude, a quiet joy. — *Ralph H. Blum* quoted in *Words of Gratitude* by *Robert A. Emmons and Joanna Hill*



36. Gratitude for the present moment and the fullness of life now is the true prosperity." *Eckhart Tolle*





37. Gratitude is one of the sweet shortcuts to finding peace of mind and happiness inside. No matter what is going on outside of us, there is always something we could be grateful for. - *Barry Neil Kaufman*



38. 'Thank you' is the best prayer that anyone could say. I say that one a lot. Thank you expresses extreme gratitude, humility, understanding.

- *Alice Walker*



39. I would maintain that thanks are the highest form of thought; and that gratitude is happiness doubled by wonder. - *G. K. Chesterton*



40. Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus. - *1 Thessalonians 5:16-18*

41. Gratitude therefore takes nothing for granted, is never unresponsive, is constantly awakening to new wonder and to praise of the goodness of God. For the grateful person knows that God is good, not by hearsay but by experience. And that is what makes all the difference. - *Thomas Merton* quoted in *Words of Gratitude* by *Robert A. Emmons and Joanna Hill*



42. Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...it makes sense of our past, brings peace for today, and creates a vision for tomorrow. - *Melody Beattie*



43. It is important not only to be grateful *to* others but also to be grateful *for* others. We need to cultivate a gratitude for others' giftedness in the same way that we appreciate a beautiful sunset or a smile from a loved one. - *Edward Hays* in *The Great Escape Manual*





44. Feeling gratitude and not expressing it is like wrapping a present and not giving it. - *William Arthur Ward*



45. Gratitude is the state of mind of thankfulness. As it is cultivated, we experience an increase in our "sympathetic joy," our happiness at another's happiness. Just as in the cultivation of compassion, we may feel the pain of others, so we may begin to feel their joy as well. And it doesn't stop there. - *Stephen Levine*



46. It is through gratitude for the present moment that the spiritual dimension of life opens up. — *Eckhart Tolle*



47. Gratitude opens the door to...the power, the wisdom, the creativity of the universe. You open the door through gratitude. - *Deepak Chopra*



48. Have gratitude for the things you're discarding. By giving gratitude, you're giving closure to the relationship with that object, and by doing so, it becomes a lot easier to let go. - *Marie Kondo*



49. To be grateful is to recognize the love of God in everything. -*Thomas Merton*



50. Give yourself a gift of five minutes of contemplation in awe of everything you see around you. Go outside and turn your attention to the many miracles around you. This five-minute-a-day regimen of appreciation and gratitude will help you to focus your life in awe. - *Wayne Dyer*





51. There is no such thing as gratitude unexpressed. If it is unexpressed, it is plain, old-fashioned ingratitude. - *Robert Brault*



52. When you have balance in your life, work becomes an entirely different experience. There is a passion that moves you to a whole new level of fulfillment and gratitude, and that's when you can do your best... for yourself and for others.- *Cara Delevingne*



53. Gratitude is the sign of noble souls. – *Aesop*



54. Prayer is sitting in the silence until it silences us, choosing gratitude until we are grateful, and praising God until we ourselves are an act of praise.
– *Richard Rohr*



55. When we become more fully aware that our success is due in large measure to the loyalty, helpfulness, and encouragement we have received from others, our desire grows to pass on similar gifts. Gratitude spurs us on to prove ourselves worthy of what others have done for us. The spirit of gratitude is a powerful energizer.” — *Wilfred A. Peterson*



56. The struggle ends when the gratitude begins. - *Neale Donald Walsch*



57. May the work of your hands be a sign of gratitude and reverence to the human condition. — *Mahatma Gandhi*





58. Gratitude goes beyond the “mine” and “thine” and claims the truth that all of life is a pure gift. In the past I always thought of gratitude as a spontaneous response to the awareness of gifts received, but now I realize that gratitude can also be lived as a discipline. The discipline of gratitude is the explicit effort to acknowledge that all I am and have is given to me as a gift of love, a gift to be celebrated with joy.
- *Henri Nouwen*



59. Gratitude therefore takes nothing for granted, is never unresponsive, is constantly awakening to new wonder and to praise of the goodness of God. For the grateful person knows that God is good, not by hearsay but by experience. And that is what makes all the difference. - *Thomas Merton*



60. The best way to show my gratitude to God is to accept everything, even my problems, with joy. — *Mother Teresa*

61. Prayer is sitting in the silence until it silences us, choosing gratitude until we are grateful, and praising God until we ourselves are an act of praise.
- *Richard Rohr*



62. Wear gratitude like a cloak and it will feed every corner of your life. -*Rumi*



63. To educate yourself for the feeling of gratitude means to take nothing for granted, but to always seek out and value the kind word that will stand behind the action. Train yourself never to put off the word or action for the expression of gratitude. -- *Albert Schweitzer*



64. Gratitude unlocks all that's blocking us from really feeling truthful, really feeling authentic and vulnerable and happy.— *Gabrielle Bernstein*





65. Gratitude is the single most important ingredient to living a successful and fulfilled life. - *Jack Canfield*



66. Often people ask how I manage to be happy despite having no arms and no legs. The quick answer is that I have a choice. I can be angry about not having limbs, or I can be thankful that I have a purpose. I chose gratitude. - *Nick Vujicic*



67. There is a calmness to a life lived in gratitude, a quiet joy. — *Ralph H. Blum*



68. Before we can count we are taught to be grateful for what others do. As we are broken open by our experience, we begin to be grateful for what is, and if we live long enough and deep enough and authentically enough, gratitude becomes a way of life. – *Mark Nepo*

69. Today, let us swim wildly, joyously in gratitude. - *Rumi*



70. As each day comes to us refreshed and anew, so does my gratitude renew itself daily. The breaking of the sun over the horizon is my grateful heart dawning upon a blessed world. - *Adabella Radici*



71. Prayer is sitting in the silence until it silences us, choosing gratitude until we are grateful, and praising God until we ourselves are an act of praise. - *Richard Rohr*



72. Silent gratitude isn't very much to anyone. - *Gertrude Stein*



73. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow. - *Melody Beattie*





74. As I express my gratitude, I become more deeply aware of it. And the greater my awareness, the greater my need to express it. What happens here is a spiraling ascent, a process of growth in ever-expanding circles around a steady center. – *Brother David Steindl-Rast*



75. But the value of gratitude does not consist solely in getting you more blessings in the future. Without gratitude you cannot long keep from dissatisfied thought regarding things as they are.” - *Wallace Wattles*



76. Gratitude bestows reverence, allowing us to encounter everyday epiphanies, those transcendent moments of awe that change forever how we experience life and the world. - *John Milton*



77. Many people who order their lives rightly in all other ways are kept in poverty by their lack of gratitude. - *Wallace Wattles*

78. Gratitude can turn a negative into a positive. Find a way to be thankful for your troubles and they can become your blessings. - *Author Unknown*



79. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. - *Philippians 4:6-7*



80. Happiness cannot be traveled to, owned, earned, worn, or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude. – *Denis Waitley*



81. Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts. - *Henri Frederic Amiel*





82. Devote yourselves to prayer, being watchful and thankful. – *Colossians 4:2*



83. One can never pay in gratitude; one can only pay 'in kind' somewhere else in life. - *Anne Morrow Lindbergh*



84. Mature prayer always breaks into gratitude. - *Richard Rohr*



85. I truly believe we can either see the connections, celebrate them, and express gratitude for our blessings, or we can see life as a string of coincidences that have no meaning or connection. For me, I'm going to believe in miracles, celebrate life, rejoice in the views of eternity, and hope my choices will create a positive ripple effect in the lives of others. This is my choice. - *Mike Ericksen*

86. Gratitude also opens your eyes to the limitless potential of the universe, while dissatisfaction closes your eyes to it." - *Stephen Richards*



87. Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude. - *A.A. Milne*



88. I will give thanks to you, Lord, with all my heart;
I will tell of all your wonderful deeds. – *Psalm 9:1*



89. As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. – *John F. Kennedy*





90. Gratitude and attitude are not challenges; they are choices. - *Robert Braathe*



91. In ordinary life, we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich.
- *Dietrich Bonhoeffer*



92. Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. - *Colossians 3:16*



93. Gratitude is not only the greatest of virtues, but the parent of all others. – *Cicero*

94. As you keep your mind and heart focused in the right direction, approaching each day with faith and gratitude, I believe you will be empowered to live life to the fullest and enjoy the abundant life He has promised you! - *Victoria Osteen*



95. Every time I think of you, I give thanks to my God. Whenever I pray, I make my requests for all of you with joy. – *Philippians 1:4*



96. We should honor Mother Earth with gratitude; otherwise our spirituality may become hypocritical. - *Radhanath Swami*





97. They both seemed to understand that describing it was beyond their powers, the gratitude that spreads through your body when a burden gets lifted, and the sense of homecoming that follows, when you suddenly remember what it feels like to be yourself. - *Tom Perrotta*



98. At each level of gratitude our soul's capacity deepens, starting with contentment to meaningfulness, and finally, to pure joy. – *M J Ryan*



99. The essence of all beautiful art, all great art, is gratitude. - *Friedrich Nietzsche*



100. Can you see the holiness in those things you take for granted – a paved road or a washing machine? If you concentrate on finding what is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul.” — *Rabbi Harold Kushner*

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