



# OPEN MIND

## Guidance Newsletter

This month we celebrated:

Gratitude

We define gratitude as the conscious appreciation of any aspect of our life experience.

"It is wonder; it is appreciation; it is looking at the bright side of a setback; it is fathoming abundance; it is thanking someone in your life...it is "counting blessings." It is savoring; it is not taking things for granted; it is coping; it is present-oriented."

— Sonja Lyubomirsky.

### Bible Scriptures About Gratitude

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

*"All this is for your benefit, so that the grace that is reaching more and more people may cause thanksgiving to overflow to the glory of God." — 2 Corinthians 4:15*

*"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you."  
— 1 Thessalonians 5:16-18*

### December Celebrations and Awareness Days

- Safe Toys and Gifts Month
- 1-7 National Handwashing Awareness Week
- 2 Special Education Day
- 3 Intl. Day of Persons with Disabilities
- 5 International Volunteer Day
- 10 Human Rights Day

