

This is 

#wedogood

Gratitude

Prayer

Prayer is an integral part of everyday Jewish life; it expresses our belief in G-D and unites us as a people. When we pray (either formally or informally) we are taking a moment to recognize that there are good things in the world and in our lives (there is even a specific Jewish prayer we are meant to say when we see a thing of beauty!). This is not to say that our lives are perfect and that we have no complaints, but when we look at life as a whole, gratitude encourages us to identify and therefore appreciate some measure of goodness.

Recognizing and appreciating the positive in our lives also allows us to think about where it comes from. We become aware that the source of our blessings comes from outside ourselves. Other people (our parents, our kids, friends, strangers) — or even a higher power — gave us many gifts, big and small, to help us achieve success.

The most important part of any Jewish prayer - whether it be a prayer of petition, of thanksgiving, of praise of G-d, or of confession - is the introspection it provides.

NOW LIVE IT...

An “attitude of gratitude”!

Gratitude is one of the trickiest notions for most of us to incorporate into our day. We get stuck in the ‘daily grind’ and few of us stop to look around and be grateful for what we have. The key to gratitude is perspective. When you stop to look around and get perspective on a given situation in your life, you are able to see what you have and be grateful for it.

At Friday night dinner, take a moment to talk about what you are grateful for this week. Regardless of how (or even whether or not) you celebrate Shabbat, make this your weekly Friday night ritual. Not only will this give you a chance to connect with your family, it will help your children learn the importance of being thankful for what they have.

DID YOU KNOW?

Roman philosopher Marcus Tullius Cicero (3 January 106 BC – 7 December 43 BC) said that “gratitude is not only the greatest of the virtues but the parent of all others”. Studies show the correlation between gratitude and increased wellbeing not only for the individual but for all people involved and in Judaism, gratitude is an essential part of our lives. Since we believe that all things come from G-d we are meant to recite more than one hundred blessings a day in gratitude.

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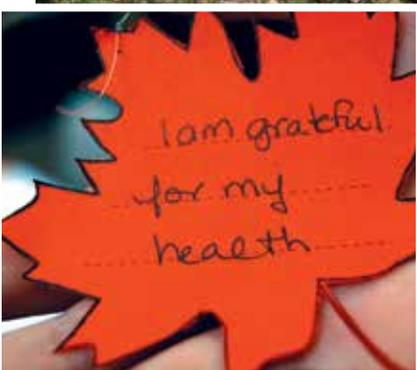
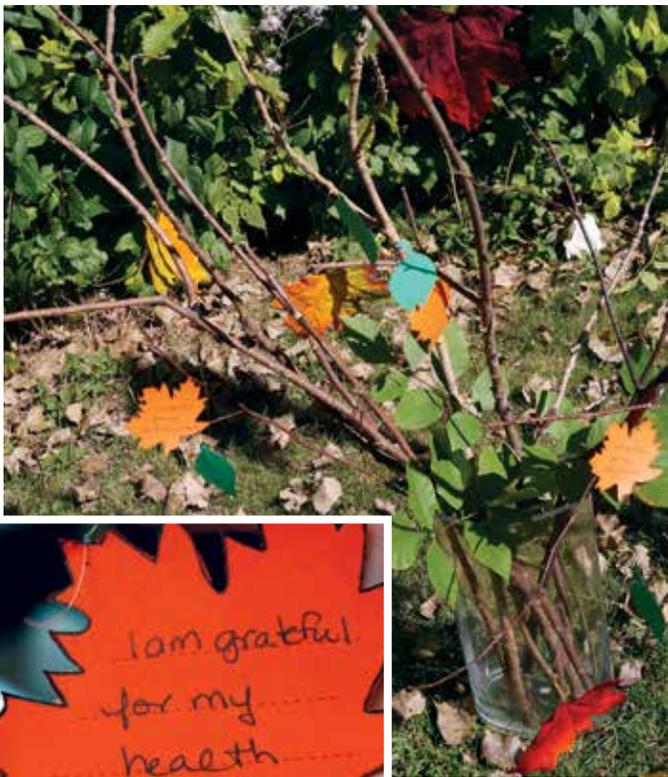
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Activity : Gratitude Tree

Help your kids to take stock of all the things they are grateful for by 'growing' a Gratitude Tree.



1. Collect some sticks, twigs, and branches (or draw a tree on a large Bristol board) and put them in a vase somewhere in the house where they will be seen every day. Seeing the Gratitude Tree will make you more reflective and appreciative every day!
2. Cut leaf shapes out of coloured construction paper.
3. Create a habit every day (dinner-time or bedtime work really well) to sit your kids down and take turns saying something for which you are grateful. You can fill in the blanks below or come up with your own! It's a great conversation starter.
4. Write the answers on the paper leaves you cut out and hang them from the branches. Kids can also draw pictures of the things they are grateful for.
5. To hang the leaves on the tree, you could punch a hole and use ribbon, or you could even use paperclips.

SUGGESTIONS:

I am thankful I learned how to:

I am thankful I own:

I am thankful that I am physically able to:

I am thankful for this toy:

I am thankful to my mom/dad/sibling for:

I am thankful for being:

I am thankful for having the skill to: