

Family Gratitude Mandala.

What is a Mandala?

“Mandala” is the Sanskrit word for “circle.” It is a form of art that comes from Buddhist and Hindu traditions. Mandalas are often made out of sand, but can also be drawn or made out of other materials.

For this reflection, we’ll make our Gratitude Mandala out of **words**.

1. Grab pencils, pens, markers, or crayons you want to use.
2. On a plain piece of paper write down answers to the following questions:
 - Who do you enjoy having in your life?
 - What experiences are you glad you are able to have?
 - What are you glad or relieved that you don’t need to live without?
 - Who or what do you treasure?
3. Print off the mandala template provided. You can do one for each individual or one for the whole family. If you don’t have a printer, you can draw the mandala on a piece of paper.
4. Write your words around the hub of your Mandala. Fill in as much of the page as possible
5. Share with others and post your Mandala.

Read a prayer of THANKSGIVING:

I Will Walk in Thanksgiving

ALL TOGETHER: Today, I will walk in thanksgiving

Reader 1:

For the sunlit years of childhood
For the tall trees and dewy morning grass
For warm winds, singing birds, and beautiful flowers
For laughter and discovery
For a faith which has been passed down to me

ALL TOGETHER: And because I walk in thanksgiving, I walk in faith.

Reader 2:

For a world filled with a variety of people each made by You
For the gifts and talents that have been given to me,
For warm winds, singing birds, and beautiful flowers
For challenges and uncertainty that brings risk and hope for my future

ALL TOGETHER: And because I walk in thanksgiving, I walk in hope.

Reader 3

For friendship and insight, and the gift of prayer
For starlit nights and sunlit days
For music, laughter, for fun

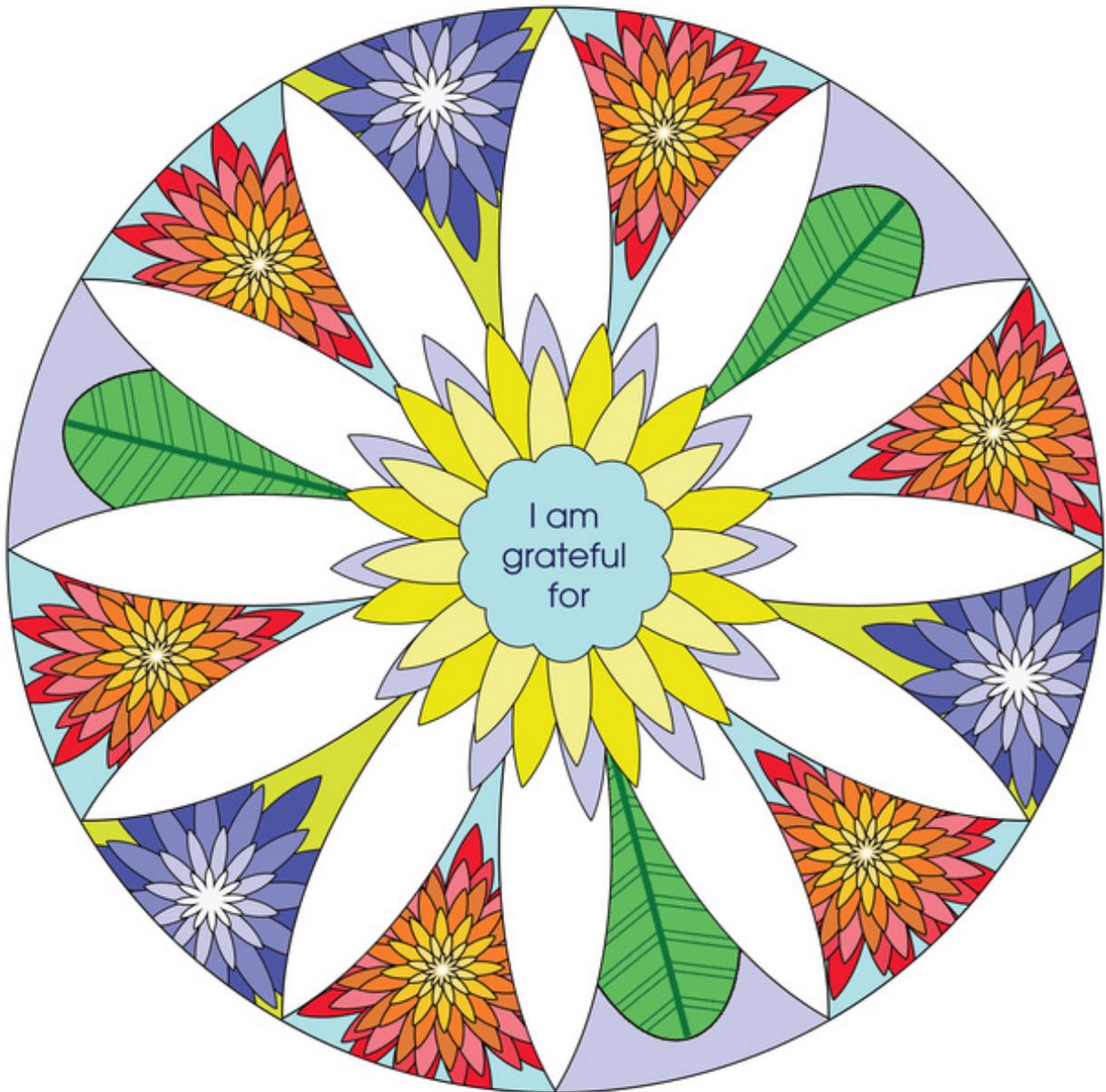
ALL TOGETHER: And because I walk in thanksgiving, I walk in joy.

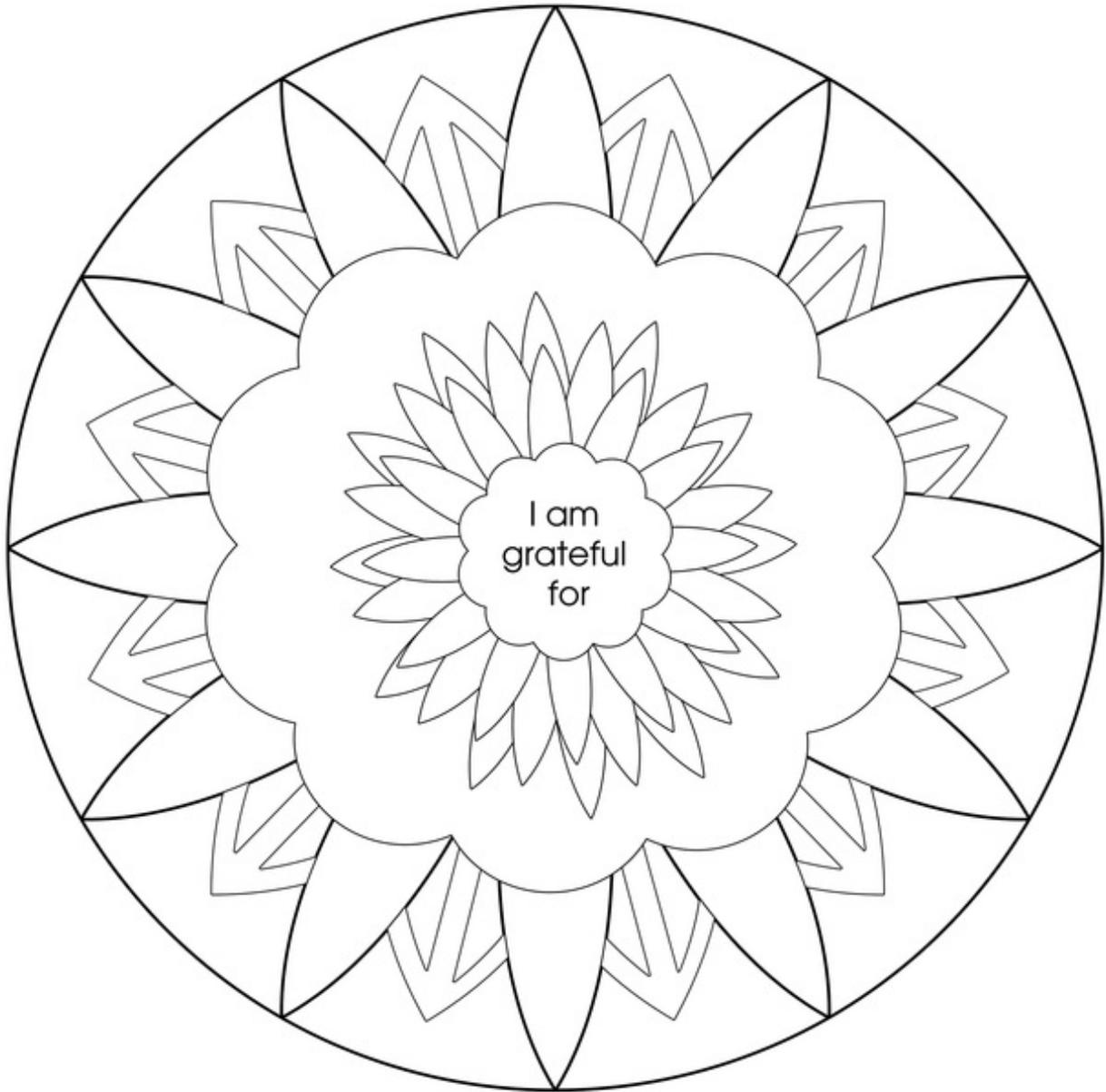
READER 4:

For life that comes in small pieces
For tenderness and strength for gentleness and warmth
For weakness and pain for anguish and doubt
For courage and for the gift of family friends and community

ALL TOGETHER: And because I walk in thanksgiving, I walk in love.

ALL TOGETHER: I will walk in thanksgiving for the gifts of faith, hope, joy and love.
And because I walk in thanksgiving, I will walk with God.





I am
grateful
for

