

THANKS BE TO GOD FOR THIS DAY

This exercise is to be done standing in a circle with a metre between each participant. Pair each sentence of gratitude with a different posture or stretch that shares the sentiment, i.e. 'for all that is above us' – stretch both arms to the sky.

After you say each line, leave room for others in the circle to say a word or line signifying one thing they are grateful for, i.e. 'for all that is above us' – blue skies, the angels on high, the birdsong, etc. Once it is clear no one is going to offer anything else out loud, or an ample amount of time has passed, move onto the next sentence of gratitude.

Once everyone is arranged in the circle and settled, say:

Thanks be to God for this day!

For all that is above us (pause)

For all that is below us (pause)

For all that is beside us (pause)

For all that is before us (pause)

For all that is behind us (pause)

For all that is beyond us (pause)

For all that is within us (pause)

Thanks be to God for this day!