

Family Virtues Newsletter

This weeks Virtue:

Thankfulness

Thankfulness is being grateful for what we have. It is an attitude of gratitude for learning, loving and being. Appreciate the little things that happen around you and within you every day. Think positively. Thankfulness brings contentment.



Things a family can do to practice

Thankfulness ...

- Be thankful for the gifts of life
- Appreciate your own abilities instead of envying others
- See the difficulties of life as an opportunity
- Enjoy your sense of wonder about the beauty in the world
- Be willing to receive what others want to give
- Count your blessings every day

We are thankful as we celebrated Aunt Liz's birthday that Ben will soon be a big brother.



Thanksgiving Dinner: The family counted their blessings and was very thankful for time together, love, health, home, happiness, each person's uniqueness, shared memories...

Next Week:

Trust

Come join the fun:



Virtues classes are held every Sunday at the Grand Bend Public School Community Room from 9:30 – 11:00 a.m. for children ages 5 – 14. All are welcome and it's free. Call Josy and Gord Britton at 238-6036 or gordbritton@hay.net to register your child. www.virtuesprotect.com