

Blessed Are We

PURPOSE: To see the blessings in everything, especially difficult situations.

PRINCIPLE: “So while I think of it,/let me paint a thank-you on my palm/ for this God, this laughter of the morning/ lest it go unspoken.”

- Anne Sexton, *The Awful Rowing Toward God*

MATERIALS: pennies, penny story

PROCEDURES:

1. Open with a treatment. Focus: I am thankful for everything in my life.
2. Have everyone find a partner and sit facing them. Have them decide who is “A” and who is “B”. A’s will go first – they are to tell B everything they are thankful for (or see as a blessing) in the world. They are to talk for 2 minutes. When they are complete, B then takes a turn to tell what they are thankful for in the world.
3. They then find a new partner, and repeat the process, now telling everything they are thankful for in their community. B goes first, and then A. They continue to find new partners each time and share their thankfulness for their school, their home, and themselves.
4. The family comes back together and discuss times in their past where they might have had difficulty, felt impoverished or didn’t have enough. They are to brainstorm what blessings they received from that situation (e.g., when I was a teenager, we didn’t have a place to live for about a month; the blessing was that we had wonderful friends we could stay with).
5. Have everyone find a partner (preferably someone they haven’t been with prior), and share a place in their life now where they are having difficulty, feel impoverished, or feel they don’t have enough. Each person is to find at least one blessing in that situation. If they have difficulty thinking of a blessing, their partner can help them.

6. Everyone comes back together, and a facilitator reads the “penny” story. The facilitator then passes out a penny to each family member.
7. One person at a time then states the following:
“In God I trust that I am blessed with _____ (whatever blessing(s) they came up with).”
The family then replies, “And so it is.”
8. Once everyone has made the statement, a general discussion occurs about any insights they may have had during the workshop.
9. Close with an appreciation circle.

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