Heart • to • Heart

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Vol. 11, No. 8 November 2026

Here in the United States, the month of November, with its celebration of Thanksgiving, always turns our hearts and minds to gratitude. For this issue of Heart to Heart, we are happy to share with you a "Gratitude Smorgasbord" of sorts – images and reflections to invite you into moments of gratitude and thanksgiving for the gifts and blessings that are a part of our lives, even in the midst of life's challenges and struggles.

Grateful Living Website

Did you know there is a website devoted to gratitude and being grateful? It is the official website for A Network for Grateful Living, a global nonprofit that offers resources, educational programs, and practices that help us nurture a culture of gratitude in our lives. Its offerings are inspired by its founder, Brother David Steindl-Rast.

Heart to Heart encourages you to spend some time with the website, exploring all it has to offer. Here are the links to two of its videos and one of its articles:

https://grateful.org/resource/ordinary-is-extraordinary-meditation/

https://grateful.org/resource/grateful-love-song-world/

https://grateful.org/resource/seeking-grateful-prophets-vision-for-world/

"When"

(Joyce Rupp)

"…Today I am going to put aside my 'when this happens' and my 'if only this could be' and my 'when things get better' and my 'as soon as I have this.' I am going to harvest what I now have, gather all the many gifts that are already mine. I am going to observe what has been placed in the granary of my heart and marvel at the abundance.

I will stand before this heap of blessings and take a long, grateful look. I will say farewell to my 'when' and be thankful for what is."

(Excerpt taken from *Out of the Ordinary* ©2000, 2010 by Joyce Rupp.
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Gratitude Words & Images

(www.liveyourdreamboard.com. Used with permission)

Which words and images most catch your attention? Why?
Create your own gratitude image, with or without words, in the empty square.



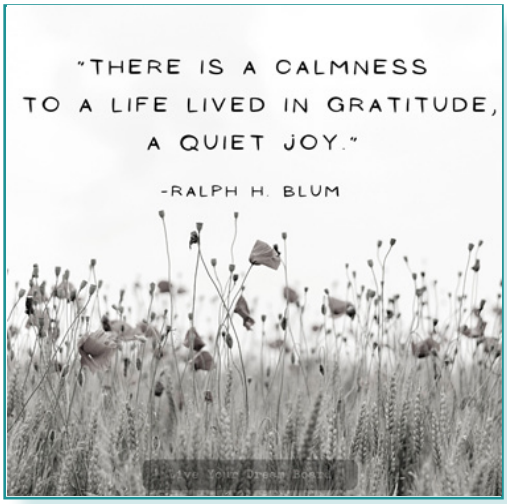






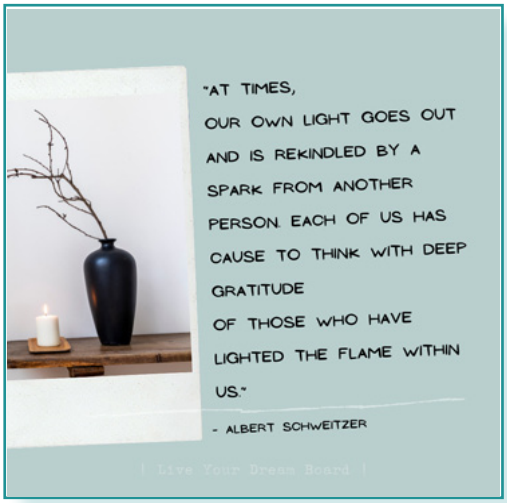





"THERE IS A CALMNESS
TO A LIFE LIVED IN GRATITUDE,
A QUIET JOY."
-RALPH H. BLUM


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"Today I choose to
live with
gratitude
for the love
that fills my heart,
the peace that rests
within my spirit, and
the voice of hope that
says all things are
possible."
- Anonymous


"AT TIMES,
OUR OWN LIGHT GOES OUT
AND IS REKINDLED BY A
SPARK FROM ANOTHER
PERSON. EACH OF US HAS
CAUSE TO THINK WITH DEEP
GRATITUDE
OF THOSE WHO HAVE
LIGHTED THE FLAME WITHIN
US."
- ALBERT SCHWEITZER
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THE MORE
GRATEFUL I AM,
THE MORE
BEAUTY I SEE
>MARY DAVIS