

## “Want to be Happy? Be Grateful!”

Br David Steindl-Rast

**You are invited to create community online as we gather to share and grow faith.**

### **How to Prepare and Run a Session:**

Read *Saturday Sessions 'How To' Guide* for information how to host a Saturday Session.

### **Presentation:**

Want to be happy? Be grateful  
November 2013 (approx. 15-20 mins)

[https://www.ted.com/talks/david\\_steindl\\_rast\\_want\\_to\\_be\\_happy\\_be\\_grateful?language=en](https://www.ted.com/talks/david_steindl_rast_want_to_be_happy_be_grateful?language=en)

### **About the Presenter:**

The one thing all humans have in common is that each of us wants to be happy, says Brother David Steindl-Rast, a monk and interfaith scholar. And happiness, he suggests, is born from gratitude. An inspiring lesson in slowing down, looking where you're going, and above all, being grateful.

David Steindl-Rast OSB is an American Catholic Benedictine monk, author, and lecturer. He is committed to interfaith dialogue and has dealt with the interaction between spirituality and science.



**Questions to Ponder:**

1. What is one thing you have been grateful for this week?
2. How do you cultivate the gift of gratefulness within yourself and with others?
3. What do you do in your life to live in the present moment, to offer gratefulness in your life?
4. What do you think of Br David's claim that happiness springs from gratefulness?
5. "Every moment is a new gift. The opportunity in the present moment. The gift in a moment is the opportunity." How do you respond to this?
6. Share anything else that stood out for you? Will it make a difference?
7. How do you understand Br David's suggestion of Stop, Look, Go?
8. In our own families, communities, faith communities, how can gratefulness change us – change our communities? Can you share examples?
9. How will you create Stop signs in your life?
10. Can you share examples of networks of communities doing amazing things? (a network of grateful living)

**Br David offers a pattern for blessing.**

Source of all Blessings

You Bless us with ...

May I ...

**Further Support:**

If you would like further support to bring to life a Saturday Session, or Wednesday Wisdom or Tuesday Thinktank (the name can be changed), please contact Lisa at the Pastoral Planning Office at [lisa.bright@parracatholic.org](mailto:lisa.bright@parracatholic.org)

For information about Zoom please contact the Pastoral Planning Office or you can watch a Zoom tutorial at <https://support.zoom.us/hc/en-us/articles/201362033-Getting-Started-on-Windows-and-Mac>

The Pastoral Planning Office thanks you for your enduring faith, hope, love and commitment as we venture into the deep. We pray that you experience the peace and grace that our God offers and can be an ambassador of Christ's hope and peace to those you encounter and accompany.

Please contact the Pastoral Planning Office for support in all areas of pastoral ministry.

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