



REFLECTIONS ON GRATITUDE

2010

“You simply will not be the same person two months from now after consciously giving thanks each day for the abundance that exists in your life. And you will have set in motion an ancient spiritual law: the more you have and are grateful for, the more will be given you.”

– Sarah Ban Breathnach

Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful.

– Buddha

All Rights Reserved. Copyright © 2009. JP Carter Consulting.

All photos were taken by Patricia A. Carter and are copyrighted.

Every effort was made to collect only quotes that are within the public domain or covered by fair use.

If we have inadvertently gathered a quote which is copyright protected and for which we do not have permission to use, please advise us of our mistake so that we may correct it.

JP Carter Consulting

3143 Pestalozzi St.

St. Louis, MO 63118

www.jpccarter.com

pcarter@jpccarter.com



If the only
prayer you
said in your
whole life was,
“thank you,”
that would
suffice.

— Meister Eckhart

Japanese Garden at Missouri Botanical Garden, St. Louis, Missouri

JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <i>Mary, Mother of God</i> <i>New Year's Day</i>	2
3 <i>Epiphany Celebrated</i>	4	5	6 <i>Epiphany</i>	7	8	9
10	11	12	13	14	15	16
17	18 <i>Martin Luther King Day</i>	19	20	21	22	23
24	25	26	27	28	29	30
31						




Wake at dawn
with a winged
heart and give
thanks for
another day
of loving.

— Kahlil Gibran

Orchid Show at Missouri Botanical Garden, St. Louis, Missouri

FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 <i>Groundhog Day</i>	3	4	5	6
7	8	9	10	11	12 <i>Lincoln's Birthday</i>	13
14 <i>Valentine's Day</i>	15 <i>President's Day</i> <i>National Flag of Canada Day</i>	16 <i>Mardi Gras</i>	17 <i>Ash Wednesday</i>	18	19	20
21	22 <i>Washington's Birthday</i>	23	24	25	26 <i>Mohammed's Birthday</i>	27
28 <i>Purim</i>						



St. Louis, Missouri

“Give thanks
for a little
and you will
find a lot.”

— The Hausa of
Nigeria

MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
1 <i>Daylight Savings Time Begins</i>	15	16	17 <i>St. Patrick's Day</i>	18	19 <i>St. Joseph</i>	20 <i>Vernal Equinox</i>
21	22	23	24	25 <i>Annunciation</i>	26	27
28 <i>Palm Sunday</i>	29	30 <i>Passover</i>	31			



“There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.”

— Albert Einstein

Lambing at Heifer Ranch, Perryville, Arkansas

APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <i>Holy Thursday</i> <i>April Fool's Day</i>	2 <i>Good Friday</i>	3 <i>Holy Saturday</i>
4 <i>Easter</i>	5	6	7	8	9	10
11	12	13	14	15 <i>Tax Day</i>	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	




As each day comes to us refreshed and anew, so does my gratitude renew itself daily. The breaking of the sun over the horizon is my grateful heart dawning upon a blessed world.

— Adabella Radici

Rose from Mary Ann Birkbigler's Garden, Ste. Genevieve, Missouri

MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9 <i>Mother's Day</i>	10	11	12	13 <i>Ascension Day</i>	14	15
16	17	18	19	20	21	22
23 <i>Pentecost</i>	24 <i>Victoria Day (Canada)</i>	25	26	27	28	29
30 <i>Trinity Sunday</i>	31 <i>Memorial Day</i>					



Gratitude
makes sense
of our past,
brings peace
for today, and
creates a vision
for tomorrow.

— Anon

JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 <i>Flag Day</i>	15	16	17	18	19
20 <i>Father's Day</i>	21 <i>Summer Solstice</i>	22	23	24	25	26
27	28	29	30			



“Gratitude
can transform
common
days into
thanksgivings,
turn routine jobs
into joy, and
change ordinary
opportunities into
blessings.”

— William Arthur Ward

JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <i>Canada Day</i>	2	3
4 <i>Independence Day</i>	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



To speak
gratitude is
courteous and
pleasant, to
enact gratitude
is generous and
noble, but to live
gratitude is to
touch Heaven.

— Johannes A. Gaertner

Heifer Ranch, Perryville, Arkansas


AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <i>Civic Holiday (Canada)</i>	3	4	5	6	7
8	9	10	11 <i>1st of Ramadan</i>	12	13	14
15 <i>Assumption</i>	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



If you concentrate
on finding
whatever is good
in every situation,
you will discover
that your life will
suddenly be filled
with gratitude,
a feeling that
nurtures the soul.
— Rabbi Harold Kushner

SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 <i>Labor Day</i>	7	8	9 <i>Rosh Hashanah</i>	10	11
12	13	14	15	16	17	18 <i>Yom Kippur</i>
19	20	21	22 <i>Autumnal Equinox</i>	23	24	25
26	27	28	29	30		



Gratitude is
the memory of
the heart.”

— French Proverb

OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11 <i>Columbus Day (US)</i> <i>Thanksgiving (Canada)</i>	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31 <i>Halloween</i>						



Cedarburg, Wisconsin

The Pilgrims made seven times more graves than huts. No Americans have been more impoverished than these who, nevertheless, set aside a day of thanksgiving.

— H. U. Westermayer

NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>All Saints' Day</i>	2 <i>All Souls' Day</i> <i>Election Day</i>	3	4	5	6
7 <i>Daylight Savings Time Ends</i>	8	9	10	11 <i>Veteran's Day (US)</i> <i>Remembrance Day (Canada)</i>	12	13
14	15	16	17	18	19	20
21 <i>Feast of Christ the King</i>	22	23	24	25 <i>Thanksgiving Day</i>	26	27
28 <i>First Sunday of Advent</i>	29	30				



Tower Grove Park, St. Louis, Missouri

Oludumare, oh Divine One! I give thanks
to You, the one who is as near as my
heartbeat, and more anticipated than my
next breath. Let Your wisdom become one
with this vessel as I lift my voice in
thanks for Your love.

african - yoruban

DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 <i>Hanukkah</i>	3	4
5	6 <i>Feast of St. Nicholas</i>	7	8 <i>Immaculate Conception</i>	9	10	11
12	13	14	15	16	17	18
19	20	21 <i>Winter Solstice</i>	22	23	24 <i>Christmas Eve</i>	25 <i>Christmas</i>
26 <i>Kwanzaa Begins</i> <i>Boxing Day (Canada)</i>	27	28	29	30	31 <i>New Year's Eve</i>	



If the only
prayer you
said in your
whole life was,
“thank you,”
that would
suffice.

— Meister Eckhart