

Sandbox Gratitude Circle

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This week 2/21 the Wednesday gathering is at my house in Rockville. I have just been watching the Oprah shows on The Secret (<http://www.secret.tv>) and it reminded me of all the things that I am grateful for. So this week I will hold a gratitude circle at 6:30pm where we can all express what we are grateful for.

Here are some things I am grateful for in this moment.

I am grateful for all the different spiritual communities that I am in and all the people that are in them. I am grateful for everyone who came to play with desert on me the other week. I am grateful for all the people who have traveled to my house for Wednesday gatherings. I am grateful for the number of posts about presence and honesty last week and for the insights that I got while reading other people's posts. I am grateful for Sarah explaining what a frame for a word's definition is. I am grateful for David Alde buying the shopping and cooking the Wednesday dinner. I am grateful to Alan for installing a new light in the Sandbox room. I am grateful for the depth and number of hugs that David Hollies has given me. I am grateful for Jeremiah and Jolie giving such wonderful healing at their workshop Saturday - I released a lot of pain and anger.