

GRATITUDE: THE ULTIMATE GIFT



October 2011

If you missed the live show, you're in luck!

Listen to a replay of the October 3rd show, "Living in Soul Motion" on KKIM, an online Christian radio station. Dr. Rebecca Dowden talks about developing and maintaining gratitude in an effort to fill our "joy tank". Can you guess who Dr. Dowden's guest is?

You can listen here:
<http://soundcloud.com/rebecca-dowden/kkim-oct-3-2011interview-with>



Tune in weekly to
"Living in Soul Motion" with
Dr. Rebecca Dowden
Mondays at 3pm CST:
www.mykkim.com

I started to panic and reached for my cell phone...

I was on my way to speak to a group of women attending a leadership retreat. I had left in plenty of time to find the place, but quickly discovered that no one was there. I started to panic and reached for my cell phone...



Thank God I found a pay phone at the nearest street corner.

Thank God there were \$5.00 in quarters in the van, because it costs 50 cents to initiate a call and 25 cents for every three minutes; I had plenty of quarters.

Thank God my husband walked past my cell phone at the exact time I called it; I had left it on the dining room table and I couldn't remember his number.

Thank God he had the inkling to answer it right then; he rarely answers my cell phone.

Thank God I was able to navigate him through my computer passwords and into my email account so that he could find the number of the retreat planner.

Thank God it was only 85 degrees out that morning, and not 105 degrees like it had been two weeks ago; this navigation process took a few minutes!

Thank God the retreat planner received my husband's message and promptly responded.

Thank God the correct address was only ½ block away from where I had gone the first time.

Thank God the women were anxious to hear my talk and willing to wait for me.

Once I got there, everything went as planned. Thank God!

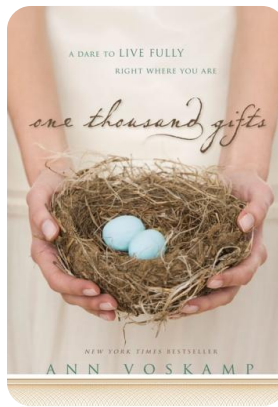
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Give a Dark Pink Rose



Express your thanksgiving by presenting a single dark pink rose to someone who has blessed your life deeply. Vera Wang's choice of flower for symbolizing gratitude and appreciation, a dark pink rose conveys more than a simple "thank you"; leave a lasting impression with this flower.



To help you on your gratitude journey, consider picking up a copy of Ann Voskamp's book, "One Thousand Gifts: A Dare to Live Fully Right Where You Are".

This little gem is recommended by my personal friend, Dr. Rebecca Dowden, host of "Living in Soul Motion" online radio show on KKIM.

Product Description: Just like you, Ann Voskamp hungers to live her one life well. Forget the bucket lists that have us escaping our everyday lives for exotic experiences. 'How,' Ann wondered, 'do we find joy in the midst of deadlines, debt, drama, and daily duties? What does the Christ-life really look like when your days are gritty, long--and sometimes even dark? How is God even here?' In One Thousand Gifts, Ann invites you to embrace everyday blessings and embark on the transformative spiritual discipline of chronicling God's gifts. It's only in this expressing of gratitude for the life we already have, we discover the life we've always wanted...a life we can take, give thanks for, and break for others. We come to feel and know the impossible right down in our bones: we are wildly loved--by God. Let Ann's beautiful, heart-aching stories of the everyday give you a way of seeing that opens your eyes to ordinary amazing grace, a way of being present to God that makes you deeply happy, and a way of living that is finally fully alive. Come live the best dare of all!

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

John Fitzgerald Kennedy