

Lindon

# CHARACTER

Connection



Gratitude

November 2012

*“To speak gratitude is courteous and pleasant, to enact gratitude is generous and noble, but to live gratitude is to touch heaven.” -- Elizabeth Carter*

## GRATITUDE

Webster defines “gratitude” in the usual way by first stating the obvious. “Gratitude” is the *state of being grateful!* Then, after a little diffing, we find that it also means being thankful. If we dig a little further, we find the definition to be, *appreciative of benefits* received. In addition, when we look even further we find that “Grace” is a root word of “Gratitude.” And here it becomes very interesting and insightful. “Grace” is the unmerited divine assistance given to man, a virtue coming from God.

By connecting these definitions, we see that we need to express gratitude and be thankful for the benefits received from the unmerited divine assistance and virtue of God. This may sound a bit complicated, but by expressing gratitude for the simple things of life, including a delicious meal, a new suit, or dress, or the beauty of a butterfly, a rain storm, or our home and family shows thankfulness to those who provide these things for us. Who is ultimately our Father in Heaven. When we pray to ask a blessing on our meals, we are certainly thanking our Heavenly Father for providing the food. Indeed many religions refer to this practice as, “saying grace.”

In my life, I have seen the benefits of being grateful to those who provide for us. Our parents are our first providers in this life, and truly they are the ones who gave us life itself. Without them we would not be. We should show deference and respect for them and tell them often how much we appreciate all they do for us. By doing so, our relationship will grow and be nourished with more love, happiness and joy in our homes. Parents are very thankful for their children because they give us the chance to learn from them and become leaders in our homes.

Another area of thankful emphasis should be toward our teachers and leaders. We will have teachers and leaders throughout our lives. Even as age begins to show, we will still have leaders and

still should enjoy learning new things through the teaching efforts of others. Through it all, we have a need to express gratitude.

I will be retiring in December, and as I contemplate the end of my public service career I feel an overwhelming sense of gratitude for the Lindon Mayors, Councils, and residents who have graciously allowed me to serve Lindon City. Now, as my wife and I prepare for a mission together, we are very mindful of the many blessings we have received. WE feel that in a small way, we can show our gratitude for these blessings by serving HIM and HIS children. We are eternally Grateful for his watch-care over us and our family.

*Ott H. Dameron*

Lindon City Administrator

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### Special Note to the Residents of Lindon City:

Lindon Character Connection would like to personally mention our gratitude to Ott Dameron for his many years of support to this Character-building Program. His support has been of great value to helping foster and develop several generations of Lindon-ites through his example, his dedication and his service to each of us.

We express our appreciation for more than a decade of working together for the children, teachers, families and businesses of Lindon City.

We will always be “grateful” for his friendship!

- Lindon Character Connection Leadership – Past, Present and Future

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# Book List



*Hannah and the Whistling Teakettle*  
by Mindy Warshaw Skolsky

*Thank You, Mr. Falker* by Patricia Polacco

*Silver Packages* by Cynthia Gylant

*Grandad's Prayers of the Earth*  
by Douglas Wood

*Best Friends* by Loretta Krupinski



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## Family Activities

- Instead of the usual Christmas greeting, write a Thanksgiving holiday newsletter that lists blessings for which each family member is grateful.
- Keep a daily gratitude journal listing three different blessings each day.
- Play the “Memory Game of Thanksgiving.” The first person tells what he is thankful for. (“I am thankful for animals.”) The second person tells what the first person said, then adds another blessing. (“I am thankful for animals and balloons.”) Play continues.

Discussion Question –Marie Sklodowska Curie was born in Warsaw, Poland on November 7, 1867. Madame Curie studies mathematics, physics, and chemistry in Paris and became famous for her research on radioactivity. Later, she received a Nobel Prize in physics and also one in chemistry. Said Madame Curie, “All my life through, the new sights of Nature made me rejoice like a child.” *How does the ability to be aware help in making scientific discoveries as well as in having gratitude?*

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## Definition:

**GRATITUDE:** “an appreciative awareness and thankfulness, as for kindness shown or something received.”

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To educate yourself for the feeling of gratitude means to take nothing for granted, but to always seek out and value the kind that will stand behind the action. Nothing that is done for you is a matter of course. Everything originates in a will for the good, which is directed at you. Train yourself never to put off the word or action for the expression of gratitude.

– Albert Schweitzer

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*“Gratitude is the heart’s memory.”*

–French Proverb

*“Remember that not to be happy is not to be grateful.”*

–Elizabeth Carter

*“Feeling grateful or appreciative of someone or something in your life actually attracts more of the things that you appreciate and value into your life”*

–Northrup Christiane

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### *Lindon Character Connection Board:*

*President . . . . . Kathy Allred*  
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*Lindon Character Connection is a not-for-profit organization encouraging the enhancement of character development in our community. We are accepting volunteer or financial support.*

*If you can help please send contributions to:  
Lindon Character Connection c/o Lindon City  
100 North State St., Lindon, Utah 84042-1808 (You may also give your donation to any executive board member.)*

