

Dear Catechetical Leaders,

As we venture more deeply into our school year, I hope you were able to celebrate Catechetical Sunday and know what a great gift your ministry is for our Church's parishes and schools. This week's newsletter includes many wonderful articles on the messages Pope Francis is sharing with the world. There are also several webinars and video links that I encourage you to look into.

On Thursday, September 19th, Cardinal Wuerl will be speaking at Holy Rosary Church in Edmonds. This event is one of the Archdiocesan Year of Faith events. Please check out the attached flyer for more information and also the October speaking events with Fr. Jeremy Driscoll, OSB.

I would also like to remind you that Leif Kerhwald will be speaking at St. Michael Church in Olympia on the morning of October 17th. He will be providing participants with strategies and resources to actively engage parents.

The Library Media Center will be receiving Fr. Robert Barron's new DVD series on Evangelization in the next week or so. If you haven't had a chance to stay updated with his amazing videos, please check out www.wordonfire.org

In Christ,

Anne

Anne Frederick, Ed.D.

Director of Parish and School Faith Formation



YEAR OF FAITH 2012-2013

Speaker Series

Cardinal Donald Wuerl

“Faith That Transforms Us: Living the Creed”



Thursday, September 19th

7:00 - 9:00 pm

Holy Rosary, Edmonds

RSVP by Sept. 13th to 206-382-4096

Coming in October...

Father Jeremy Driscoll, OSB

“Deepening Our Sense of the Liturgy in the Year of Faith”

October 16th at St. Benedict, Seattle

October 23rd at St. Joseph, Vancouver

7:00 - 9:00 pm

Registration available in mid-September





Workshop for Parish Faith Formation Leaders

Thursday, October 17

9:30 am – 12 noon

St. Michael Catholic Church

(Parish Center Multi-purpose Room)

1208 11th Avenue SE

Olympia, WA 98503

Cost: FREE, but please [register online here](#)

Designed to give parish and school leaders the needed strategies and tools to empower families and households to grow in faith at home!

Topic 1: Analytics Don't Lie

Ever send faith stuff home? How do you know it gets used? Based on [Vibrant Faith @ Home](#) site analytics we've identified ten characteristics of a faith-forming activity that will actually get used at home. Our authors rely on these everyday, and so should you.

Topic 2: Using Digital Media to Connect at Home

Do the families of your parish have access to the faith resources they need and want? We'll look at specific strategies and tools to help.

Topic 3: Home / Parish Partnership

Explore practical, doable, and effective ways to build connections between parish/school programs and family/home life. Extend such programs as Sunday School, children's religious education, youth ministry, adult Bible study and faith formation, Confirmation and other Sacramental preparation, even Sunday worship into the home.

Topic 4: Resource Showcase

- [Vibrant Faith @ Home](#) – content rich web site that supports families who are intentional about their faith and religious practice as they raise the next generation of committed Christians.
- [Vibrant Faith @ Home PLUS](#) – our brand new subscription based service that empowers effective partnership between the congregation and the home!

Audience

Pastors, Catechetical Leaders, Youth and Young Adult Ministers, Family Life Coordinators, Adult Formation and RCIA Teams, Catechists, School Principals and all those interested in supporting parents in their mission to form faith-filled children.

Presenter / Facilitator



Leif Kehrwald, Team Leader for Vibrant Faith @ Home, a service of Vibrant Faith Ministries. Leif has worked in family ministry and faith formation on the local, regional, and national levels for more than thirty years. Leif has published several books and numerous articles on family life, family ministry, marriage, and youth ministry, including *The Catholic Faith and Family Bible*, to which he served as general editor, published by HarperCollinsPublishers, 2010.

Cost: FREE, but please [register online here](#) (<http://plusworkshopolympia.eventbrite.com>)

Questions? Contact Leif Kehrwald at lkehrwald@vibrantfaith.org or 503-351-9889.

Sign up now to begin receiving your free Year of Faith resources: <http://justfaith.org/YOFRDRE>

Connect formation and discipleship to your parish's Year of Faith study and activities. This monthly downloadable resource provides reflections, ideas, inspiration, and practical tools. From JustFaith Ministries: <http://justfaith.org/>

— your monthly resource from JustFaith Ministries to celebrate the —

YEAR of FAITH

Download This Month's Resource

JustFaith MINISTRIES

YEAR OF FAITH RESOURCES :: justfaith.org/yofrdre

Deeper Than Words:
Living the Apostles'
Creed

- Reflection
- Scripture for Pondering
- Prayer Resources
- Year of Faith Actions
for September
- Quotes of Note

DOWNLOAD RESOURCE



Do You Need More Parish Leaders?



78% of JustFaith grads are ready to take on leadership roles in their parish after they complete the JustFaith program.

JustFaith
Purpose. Form a new perspective.

Download a sample session and program syllabus at: tinyurl.com/lfcsample

Program documents are now ready. Register today at registration.justfaith.org

Host a Parish Mission Focused on the Holy Father's Call to Love



Jack Jezreel, founder of JustFaith Ministries and popular national speaker, is available to do a limited number of parish missions focused on the Holy Father's call for us to love God by loving our neighbor.

For more information or to reserve a date, visit tinyurl.com/jfm-parishmissions or call 502-429-0865.

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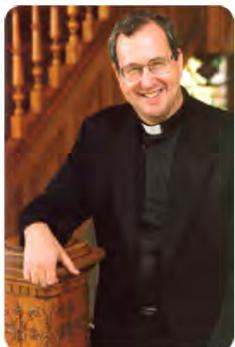
Faith Formation Programs in Spanish

Four times a year, the Spanish speaking catechists and participants on faith formation programs gather for an *Encuentro* as a time for reflection, sharing experiences, and setting the fire for the upcoming weeks. RCL Benziger is bringing for this event the experience and expertise of **Francisco Carrillo, DMin**, as multicultural specialist. Contact Jose Ramírez-Lomelí for more information: joser@seattlearch.org.

Calling all Catholic Women! The Seattle Archdiocesan Council of Catholic Women invite you to attend **all or part of the annual convention** at St. Frances Cabrini, Lakewood on Friday and Saturday, **October 11&12, 2013**. Pre-convention workshop, BEYOND AWARENESS on Combating Human Trafficking will be held from 2-5pm on Friday followed by Opening Liturgy with Archbishop Sartain and Dinner. For details, visit <http://seattleaccw.org/wp/events/convention/> or contact registrar at info@SeattleACCW.org



**Christ Our Hope
Catholic Church**
1902 Second Avenue Seattle, WA 98101
www.ChristOurHopeSeattle.org 206-448-8826



EVIDENCE FOR GOD FROM CONTEMPORARY PHYSICS

Wednesday October 2ND from 12:00 PM to 1:30 PM

Join us as we welcome **FR. ROBERT SPITZER** for a discussion & lecture at Christ Our Hope Catholic Church in downtown Seattle on 2ND & Stewart inside the Josephinum!

*Robert J. Spitzer, S.J., Ph.D.
is a Jesuit priest, philosopher, educator, author, speaker, and retired President of Gonzaga University in Spokane, Washington.*

NEW RESOURCE



Saying I Do: What Happens at a Catholic Wedding

<http://www.foryourmarriage.org/saying-i-do-what-happens-at-a-catholic-wedding/>

Pope Addresses Non-Believers in Open Letter to Italian Newspapers



In a letter addressed to the founder of the Italian newspaper “*La Repubblica*”, Pope Francis gave his personal experience of discovering faith to non-believers. The Holy Father’s letter was in response to several questions on how the Church responds to those who do not share the faith in Jesus which was published on July 7th. “I feel it is very positive , not only for us individually but also for the society in which we live, to pause to dialogue about a reality that is as important as faith, which refers to preaching and the figure of Jesus,” the Pope wrote.

Pope Francis also gave his own personal experience of faith and encounter with Jesus Christ in his life. “Faith, for me, was born from an encounter with Jesus. A personal encounter that touched my heart and gave me a direction and a new meaning to my existence,” he wrote.

“But at the same time it was a meeting that was made possible by the community of faith which I lived in and through which I found access to the intelligence of the Sacred Scripture, to the new life that flows like gushing water from Jesus through the Sacraments, to the fraternity with all and to the service of the poor, true image of the Lord. Without the Church, I believe, I would not have encountered Jesus, while being aware that the immense gift that is faith is preserved in the fragile clay vessels of our humanity.”

Concluding his letter, Pope Francis emphasized the Church’s missions to announce Jesus Christ despite its shortcomings. “The Church, believe me, despite all the slowness, the infidelity, the mistakes and the sins that may have been committed by those who belong to her, has no other meaning or aim other than living and bearing witness to Jesus,” the Pope wrote. If you desire the complete letter by Pope Francis you can [read it online](#).

Pope Reflects on Virtue of Hope Versus Optimism



Pope Francis reflected on the virtue of hope “Hope is a gift from Jesus; hope is Jesus himself and bears his name, the Pope said. “But it’s not the kind of hope that you find in a person who usually looks at a half full glass that’s simply optimism and optimism is a human attitude that depends on many things.”

“But hope is a different thing, it is not optimism. Hope is a gift, a gift of the Holy Spirit and for this Paul says: “It never deludes.” Hope never deludes, why? Because it is a gift that is given to us by the Holy Spirit. But Paul tells us that hope has a name. Hope is Jesus. We cannot say, “I have hope in my live, I have hope in God,’ No. If you do not say: ‘I have hope in Jesus, in Jesus Christ, the Living Being, who comes now in the Eucharist, who is present in His Word’, that is not hope. Its good humor, optimism, [but not hope.]”

The Holy Father reflected on the [Gospel of the day](#) which recounted Jesus' healing of a man with a paralyzed hand, as well as the Pharisees criticism of curing on the Sabbath. "Jesus, the hope, rebuilds everything. It's a constant miracle. Not only did He do miracles of healing, so many things: those were only signs, signals of what he is doing now, in the Church. The miracle of rebuilding everything that He does in my life, in your life, in our lives. To rebuild. And this that he rebuilds is the very reason for our hope. And 'Christ, who rebuilds all things the most wonderful things of Creation, is the reason for our hope. And this hope does not disappoint us, because He is faithful. He cannot deny himself. This is the virtue of hope."

Emphasizing the need for hope, Pope Francis addressed the clergy in particular, noting that while it is sad when one finds a priest without hope, it is truly beautiful when "we find one who arrives at the end of his life "not with optimism but with hope." Concluding his homily, the Holy Father told the faithful to look at Our Lady as a model of one who finds great hope in Her Son. "It's that hope that renews all. May the Lord give us that grace," he said.

FREE Professional Development Webinar –THIS Tuesday, September 17, 2013



Ave Maria Press, in partnership with the **National Conference for Catechetical Leadership**, the National Association for Lay Ministry, and National Federation of Priests' Councils presents a series of free, online workshops on professional development for parish ministers. This webinar

Spiritual Formation for Catechists is offered on Tuesday, September 17 at 3:00 pm EDT. You can register at [PDW-09-17-2013](#) (<http://tiny.cc/ycpf2w>). For a complete listing of professional development webinars in this series, please visit www.avemariapress.com/webinars.



The Spiritual Formation of Catechists: 10 Simple Ways to Transform Volunteers into Witnesses

Tuesday, September 17, 2013 3:00 PM - 4:00 PM EDT

The General Directory for Catechesis outlines a variety of ways in which a catechist should be formed, but above all, it says, catechist formation "nourishes the spirituality of the catechist," so that his or her work is born out of a personal "witness of life" (GDC, 239).

In this webinar for catechetical leaders, parish DRE/CRE's, and diocesan leaders in evangelization and catechesis, Jared Dees, creator of the popular website TheReligionTeacher.com, presents ten simple ways for ongoing spiritual formation of catechists.



The purpose of these catechist formation ideas will be to transform catechists from well-meaning volunteers and generous parents into passionate witnesses of the Gospel.

Good Press: For Marathon Victims' Family, Priest a Consoling Presence



This is one of the best pieces about a priest in the secular press. The *Boston Globe* did a feature they called a sympathetic look at a pastor. It's a reminder of what we love and desire in a good priest. The *Boston Globe* offers a moving profile of a priest who faced multiple challenges in the wake of the Marathon bombing in April. You can read the article at [Boston Globe](http://tiny.cc/h1h92w) (<http://tiny.cc/h1h92w>).

Pope Reflects on 'Criminal' Side to Gossip



Francis said that someone who speaks ill of his neighbor is a hypocrite who lacks the courage to look to his own shortcomings. Pope Francis focused on the fact that gossip has a "criminal" side to it, Vatican Radio reported. Every time we speak ill of our brothers, we imitate Cain's homicidal gesture, the Holy Father explained.

The seed of Pope Francis' homily was Jesus' thought provoking query: "Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye?" Jesus speaks to us about the opposite of humility, the Pope observed, "of that hateful attitude toward one's neighbor when one becomes a 'judge' of his brother." In this context, the Pope pointed out, Jesus uses a strong word: "hypocrite."

"Those who live judging their neighbor, speaking ill of their neighbor, are hypocrites, because they lack the strength and the courage to look to their own shortcomings. The Lord does not waste many words on this concept. Further on he says that he who has hatred in his heart for his brother is a murderer. In his first letter, John the Apostle also says it clearly: anyone who has hatred for his brother is a murderer, he walks in darkness, he who judges his brother walks in darkness."

Thus, every time we judge our brothers in our hearts – or worse still when we speak ill of them with others, we are Christian murderers, the Pope said. "A Christian murderer. ... It's not me saying this, it's the Lord. And there is no place for nuances. If you speak ill of your brother, you kill your brother. And every time we do this, we are imitating that gesture of Cain, the first murderer in History."

And the Pope added that in this time in history when there is much talk of war and so many pleas for peace, "a gesture of conversion on our own behalf is necessary". "Gossip," he warned, "always has a criminal side to it. There is no such thing as innocent gossip." And quoting St. James the Apostle, the Pope said the tongue is to be used to praise God, "but when we use our tongue to speak ill of our brother or sister, we are using it to kill God," ... "the image of God in our brother".

Some may say, the Pope commented, that there are persons who deserve being gossiped about. But it is not so. "Go and pray for him! Go and do penance for her! And then, if it is necessary,

speak to that person who may be able to seek remedy for the problem. But don't tell everyone! Paul had been a sinner, and he says of himself: I was once a blasphemer, a persecutor, a violent man. But I have been mercifully treated. Perhaps none of us are blasphemer – perhaps... But if we ever gossip we are certainly persecutors and violent. We ask for grace so that we and the entire Church may convert from the crime of gossip to love, to humility, to meekness, to docility, to the generosity of love towards our neighbor".

BISHOPS ENDORSE CRS WORK FOR POOREST, MOST VULNERABLE



Catholic Relief Services (CRS), the U.S. bishops' overseas humanitarian aid agency, is deeply committed "to Church teaching in fulfilling its mission of mercy," the U.S. bishops' Administrative Committee said in a September 11 statement the first day of its annual fall meeting in Washington.

The bishops strongly endorsed the 70-year-old agency after critics "raised allegations about CRS' adherence to Church teaching and its identity as a Catholic institution" and questioned its pro-life credentials, the statement said. "Last year, CRS served more than 100 million people in 91 countries," the bishops said.

"Those making these public critiques, albeit, we hope, in good faith, do not speak for the Catholic Church and we advise the Catholic faithful to exercise caution and consult the CRS website for clarification before endorsing or giving credence to the groups' critiques." The bishops "urged the Catholic faithful to continue to support Catholic Relief Services."

"The U.S. Catholic bishops stand firmly behind CRS in its commitment to promote and defend human dignity and the sacredness of every human life from the moment of conception until natural death, and at every moment in between," the bishops said. "Its service around the world makes us all proud," the bishops added. The full statement can be found at

<http://www.usccb.org/catholic-giving/opportunities-for-giving/catholic-relief-services-collection/support-for-catholic-relief-services.cfm>

Pope Francis Celebrates the Church as Loving 'mamma'



Pope Francis gave pilgrims attending his weekly public audience Sept. 11 what he called a "homework assignment" to find out the date they were baptized and celebrate it every year. "How many of you remember the date of your baptism?" the pope asked the crowd in St. Peter's Square, and then acknowledged a relatively small show of hands. "Our baptismal date is the date of our birth in the church," he said. "When you go home today, look hard for the date of your baptism, so you can celebrate it and thank the Lord for this gift."

The pope's remarks came during a talk on the subject of the church as mother, for which he mostly used the informal Italian term *mamma*. "One doesn't belong to the church as to a company, a party or any other organization," he said. "The link is vital, like that one has with one's own mom, because the church is really the mother of Christians."

"A good mom helps her children come out of themselves, and not stay comfortably under the maternal wings, like a brood of chicks stays under the wings of the hen," he said. "The church, like a good mother, does the same thing: accompanies our growth, transmitting the word of God, which is a light that shows us the path of the Christian life; administering the sacraments."

"Do we love the church as one loves one's own mom, knowing also how to understand her faults?" the pope asked. "All moms have faults, we all do. But when one speaks of mom's faults, we cover them up, we love them. The church has its faults, too," he said. "Do I love it that way, like my mom? Do we help it to be more beautiful, more authentic, more like the Lord?" As children of a common mother, members of the church are equal before God, the pope said: "All of us, pastors and faithful, live the maternity of the church."

"Sometimes I hear, 'I believe in God but not in the church,'" he said. "But the church is not only priests: we are all the church. And if you say you believe in God and don't believe in the church, you are saying you don't believe in yourself, and this is a contradiction."

FREE Professional & Spiritual Development Webinar – Sept. 17 or 18



The Sacrament of Penance and Reconciliation: Teaching and Celebrating the Gift of Christ's Peace

In every age the followers of Jesus have recognized the need for mercy and forgiveness. ***The Sacrament of Penance and Reconciliation*** offers us the healing and peace that the world cannot give. How do we reawaken in Catholics today the value and importance of the Sacrament of Penance and Reconciliation? How do we prepare children for this sacrament? How might this sacrament stir the hearts of believers and nurture mature discipleship in today's culture?

Click here to register for this Webinar,

- **This Tuesday, September 17, 2013 at 1:00 pm**
<https://www3.gotomeeting.com/register/176242382>
- **This Wednesday, September 18, 2013 at 7:00 pm**
<https://www3.gotomeeting.com/register/648690534>

A certificate of attendance will be offered at the conclusion of the presentation.

Fr. Ron Lewinski is a priest of the Archdiocese of Chicago and pastor of St. Mary of the Annunciation Parish in Mundelein, IL. He also serves as an Archdiocesan Dean and President of Frassati Catholic Academy, the first Archdiocesan Catholic Middle School.



Society's Future Is Rooted in Young, and in Elderly, Says Francis

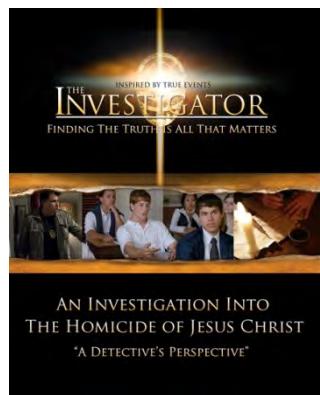
The Pope commented that for the Christian community, the family is “a path for generations through which faith, love and fundamental moral values are transmitted, as well as concrete solidarity, hard work, patience, and also plans, hope, and future. All of this - which the Christian community lives in the light of faith, hope and charity - it has never kept to herself, but every day it becomes leaven in the dough of society, for the greater common good.”



“Hope and future”, writes the Pope, “presuppose memory. The memory of the elderly gives us the support we need to continue on our path. The future of society ... is rooted in the elderly and the young: the latter because they have the strength and youth to carry history forward, and the former because they are the source of living memory. A population that does not take care of the elderly and of children and the young has no future, because it abuses both its memory and its promise”.

In his message, Pope Francis reiterated that we cannot ignore the suffering of many families caused by a lack of employment, housing problems, the fractures that may develop within a family or a marriage, and “the violence that unfortunately lurks and does damage inside our homes”. However at the same time, he concluded, we must remember the “simple, but beautiful and courageous witness given by many families, who experience matrimony and parenthood with joy, illuminated and supported by the grace of the Lord, without fear of facing the moments of the cross that, lived in union with the Lord, do not obstruct the path of love, but rather make it stronger and more complete”.

The Investigator: Inspiring New Film Opened on Friday, September 13, 2013



Inspired by true events in Rich Romano's life, *"The Investigator"* is a new film that's changing lives. The Catholic Diocese of St. Petersburg describes the film as “a moving and thought-provoking film about one man's journey to investigate his faith and return to Christ.” *The Investigator* opened this past Friday at numerous cities across the United States. Visit the website (<http://www.theinvestigatormovie.com/Default.aspx>) for a two (2) minute preview as well as ticket information. Dr. Caroline Cerveny, SSJ-TOSF, President, Interactive "For those who are like the doubting apostle Thomas, you will explore a way to investigate the resurrection of Jesus through the character of Police Sergeant James Buanacore, a twenty-year veteran investigator. Overall this is a heartwarming story, of personal transformation that will touch adults as well as adolescents."

Police Sergeant James Buanacore, a twenty-year veteran investigator, starts the most important investigation of his life when a drug bust goes tragically wrong, forcing James

out of the job he loves and into retirement. When James' wife Stephanie has a miscarriage, he is devastated and begins to question his previously strong faith. Depressed and angry, James isolates himself until his famous brother encourages him to take a job as a criminal justice teacher and baseball coach at a Christian high school. With his cop mentality challenging his students, James struggles through experiences with an unsupportive principal, a guidance counselor with a secret and rebellious students. But when his best option seems to be quitting, a student challenges him to begin the investigation that will change his life, and those of his students, forever...the investigation into the homicide of Jesus Christ.

Are You Gonna Stay? Listen to the Children



Children can give us unexpected wisdom, we just have to listen to them. Watch this video and find out why children think we should go to church. Check out this short video at [Church is...](http://tiny.cc/umwb3w) (<http://tiny.cc/umwb3w>).

Affirmation of Life and Motherhood



Bryan Reising's wife Linda, who works for First Choice Pregnancy Services found this YouTube that affirms life and affirms motherhood. It's from Britain's Got talent and I think you will agree it is very powerful. Check it out at http://www.youtube.com/watch?v=JOZS_Vq6eKw&feature=share

The Day I Stopped Saying Hurry Up

When you're living a distracted life, every minute must be accounted for. You feel like you must be checking something off the list, staring at a screen, or rushing off to the next destination. And no matter how many ways you divide your time and attention, no matter how many duties you try and multi-task, there's never enough time in a day to ever catch up.

That was my life for two frantic years. My thoughts and actions were controlled by electronic notifications, ring tones, and jam-packed agendas. And although every fiber of my inner drill sergeant wanted to be on time to every activity on my overcommitted schedule, I wasn't.

You see, six years ago I was blessed with a laid-back, carefree, stop-and-smell-the roses type of child.





So begins a reflection by Rachel, creator of the blog "[Hands Free Mama](#)" who is committed to "letting go...to grasp what really matters." This beautiful blog post describes how her daughter taught her to stop saying "hurry up" and to live a life more centered on the things that really matter. Here is the moment of metanoia. If you care to read her blog on this topic, please go to <http://www.handsfreemama.com/2013/07/16/the-day-i-stopped-saying-hurry-up/>.

Then one fateful day, things changed. We'd just picked my older daughter up from kindergarten and were getting out of the car. Not going fast enough for her liking, my older daughter said to her little sister, "You are so slow." And when she crossed her arms and let out an exasperated sigh, I saw myself—and it was a gut-wrenching sight.

I was a bully who pushed and pressured and hurried a small child who simply wanted to enjoy life.

My eyes were opened; I saw with clarity the damage my hurried existence was doing to *both* of my children.



The iCatechist: Effectively Using Your iDevices



Here is what Caroline Cerveny, SSJ recently posted on SlideShare. Even though it is only the PowerPoint, you may find it helpful.

Check out [Workshop for the Orlando Diocesan Catechist Formation Day](#).

The Social Media Gospel: Sharing the Good News in New Ways



Members of NACMP have started reading and discussing this book by Meredith Gould. Meredith reminds us that social media isn't one-size-fits-all. Older generations gravitate to social media that is more "wordy" and younger generations gravitate to those that are more image based. One reviewer said "Meredith explains in understandable terms the best practices pastors and others should consider in developing their social media strategy. If you're re-evaluating what you're doing with social media or even if you're just beginning to consider dipping your toes in the water, you'll find this book to be a wonderful companion and resource." You may wish to know that Meredith insists that virtual community is, in fact, "real" community. You can order [The Social Media Gospel: Sharing the Good News in New Ways](#) from the NCCL Amazon Bookstore. For more information, check out her website <http://www.meredithgould.com/>.

WHAT GOOD IS GRATITUDE? REASONS WHY IT'S BETTER TO LIVE GRATEFULLY

CHARITY



GRATEFUL PEOPLE
ON AVERAGE GIVE 20%
MORE

COMMUNITY



GRATEFUL
PEOPLE WILL HAVE A STRONGER
BOND WITH THE
LOCAL COMMUNITY

WORK

HAPPY
PEOPLE'S
INCOME IS ROUGHLY



7%
HIGHER

YOUTH



13% FEWER FIGHTS
20% MORE LIKELY
TO GET A GRADES

GRATEFUL TEENS ARE
10X LESS LIKELY
TO START
SMOKING

PSYCHOLOGICAL

GRATITUDE IS RELATED TO AGE:
FOR EVERY 10 YEARS, GRATITUDE INCREASES
 BY 5%

HEALTH



GRATEFUL PEOPLE WILL:
HAVE 10% FEWER STRESS
RELATED ILLNESSES
BE MORE PHYSICALLY FIT
HAVE BLOOD PRESSURE
THAT IS LOWER BY 12%

FRIENDS

MORE SATISFYING RELATIONSHIPS
WITH OTHERS, AND WILL BE BETTER LIKED



WHERE?



THE MOST GRATEFUL
COUNTRIES ARE:
S. AFRICA, UAE,
PHILIPPINES & INDIA
LEAST: NETHERLANDS,
DENMARK, HUNGARY,
CZECH REPUBLIC & UK

LIFE



**OVERALL
POSITIVE**
EMOTIONS CAN ADD
UP TO 7 YEARS
TO YOUR LIFE