



Before offering the prayer, the Chaplain may choose one of the following thoughts:

1. "Reflect upon your present blessings—of which every man has many—not on your past misfortunes, of which all men have some." — Charles Dickens
2. "Gratitude turns what we have into enough, and more." — Melody Beattie
3. "Isn't it nice to think that tomorrow is a new day with no mistakes in it yet?" — Lucy Maud Montgomery, *Anne of Green Gables*
4. "I don't think one can explain growth. It is silent and subtle. One does not keep digging up a plant to see how it grows." — Emily Carr
5. "Gratitude is not only the greatest of virtues, but the parent of all others." — Cicero
6. "Gratitude bestows reverence . . . changing forever how we experience life and the world."
—John Milton
7. "Integrity is telling myself the truth. And honesty is telling the truth to other people."
— Spencer Johnson
8. "Fortitude is the marshal of thought, the armor of the will, and the fort of reason." — Francis Bacon
9. "Being thankful is not always experienced as a natural state of existence, we must work at it, akin to a type of strength training for the heart." — Larissa Gomez
10. "Integrity is doing the right thing, even when no one is watching." — C.S. Lewis
11. "Before you speak, let your words pass through three gates: Is it true? Is it necessary? Is it kind?" — Rumi
12. "Be kind, for everyone you meet is fighting a harder battle." — Plato
13. "More smiling, less worrying. More compassion, less judgment. More blessed, less stressed. More love, less hate." — Roy T. Bennett, *The Light in the Heart*
14. "It is an absolute human certainty that no one can know his own beauty or perceive a sense of his own worth until it has been reflected back to him in the mirror of another loving, caring human being." — John Joseph Powell
15. "We must learn to regard people less in the light of what they do or omit to do, and more in the light of what they suffer." — Dietrich Bonhoeffer
16. "Doing the right thing is always the right thing." — attributed to Dr. Martin Luther King, Jr.