



Charity Reg No: 1118675

RFF was shortlisted for the National Compact Advancing Equality Award in 2015 and was a previous winner in 2012.

c/o Redbridge Town Hall, Room 16, Ground Floor, 128 - 142 High Road, Ilford IG1 1DD

Website: [www.redbridgefaithforum.org](http://www.redbridgefaithforum.org)

## Women's Interfaith Workshop Gratitude and Thankfulness



gratitude  
MAKES SENSE OF OUR PAST,  
BRINGS peace FOR TODAY,  
AND CREATES A vision  
FOR TOMORROW.  
— MELODY BEATTIE



**Tuesday 14<sup>th</sup> September 2021 - from 1pm to 2.30pm**

Please join this Zoom meeting by clicking on the link

<https://us02web.zoom.us/j/88503209863>

or by using the Zoom Meeting ID **885 0320 9863** (no passcode required).

Throughout our lives an attitude of thankfulness and gratitude is an integral part of maintaining good mental and spiritual health. It helps us keep a positive outlook on life and often puts things into perspective. Some say it is all about whether you see your glass as half empty or half full. Some also say it is too easy to be thankful when things are going well! If we are at one of the lowest points in our lives, during times of trouble or when we have to cope with difficult situations which can be overwhelming and self absorbing, it can often be difficult to find something to be grateful for. It is at these times that focussing on even the smallest of positives can gradually help us take those ever-increasing strides back to a happier existence.

In this workshop we will be discussing and sharing our thoughts on :-

- ❖ *What/who we are grateful, or thankful, for in our lives*
- ❖ *how and to whom we show our gratitude*
- ❖ *what our religion or faith says about gratitude and thankfulness (if you would like to, please bring a quote, reflection, poem to share)*
- ❖ *what positive or good things we believe have come out of the last 18 months*

Please email Saira or Karen at [faith.forum@redbridge.gov.uk](mailto:faith.forum@redbridge.gov.uk) to book your free place for this event.