Moreau
PROGRAM

Gratitude Co-curricular Lab | *Gratitude Letter*

"You would use your eyes as never before. Everything you saw would become dear to you. Your eyes would touch and embrace every object that came within your range of vision. Then, at last, you would really see, and a new world of beauty would open itself before you."

Helen Keller,
"Three Days to See" (1933)

The reading and refraction for this session commend the cultivation of attention, wonder, and gratitude. This co-curricular lab is an opportunity to write a letter of gratitude to someone you care about and who has made a difference in your life.

Guidelines

1. Identify a living person who has significantly helped you see things better, and who has helped you become who you are.
2. Write by hand a letter for that person. (You may explain that this exercise was mandated for a class if you would like.) Include in your letter a summary of how you have been shaped by that person and an expression of gratitude to them—and perhaps to God as well.
3. Deliver your letter in an addressed envelope to 322 Bond Hall. If you need an envelope, you may consult your Moreau faculty or retrieve one at 322 Bond Hall. The Moreau Program will secure appropriate postage and send your letter on your behalf.
4. In your commonplace book, beginning on page 232 (or later), summarize your experience, connect it to the text from the *Gratitude* session, and apply it to your practice of living well.