



THE FORUM @ FRIENDSHIP PRESENTS

The Eye of the Storm: Gratitude in the Chaos of Life



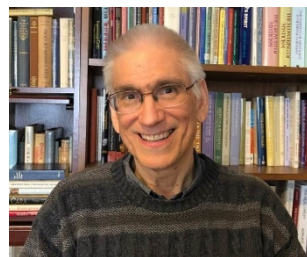
Few people would deny that we live in challenging, even chaotic times. Living a faithful life can be difficult even when everything is going well, so how do we persevere when it feels like the floor is dropping out beneath us? A Benedictine monk named David Steindl-Rast said "Gratefulness is the heart of prayer" — and many voices from Biblical times to the present agree with him. Why is gratitude so important? What can we do to foster a grateful heart — even when life seems chaotic? These are the questions we will explore together in this spiritual conversation facilitated by author Carl McColman. And we'll do more than just talk: we will have some time for prayerful reflection and meditation on how gratitude can be the doorway to a deeper relationship with God.

THURSDAY, NOVEMBER 11, from 7:00 to 8:15 PM

A Zoom Presentation – Free and open to the public

**Email the host to register to be placed on the Zoom invitation list:
PastorTom@GoToFriendship.org**

Our presenter, **Carl McColman**, is a Christian blogger, podcaster, and author based in Stone Mountain. He regularly teaches in the Lifelong Learning program at Columbia Theological Seminary and has led retreats at monasteries, churches, and retreat centers nationwide. Carl's publications include *Unteachable Lessons*, *Befriending Silence*, and *Answering the Contemplative Call*. His latest book, *Eternal Heart*, was published in June 2021. Visit his web site at Anamchara.com



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