

## GRATEFULL

As a teacher was addressing a class, she took a large piece of paper and made a small black dot in the center of it. Then she held up the paper and asked what the students saw.

One student replied, "I see a black mark."  
Another said, "There's a dot in the middle."  
"Right," said the teacher. "What else?"  
The class was silent.  
"I'm really surprised," followed the teacher.  
"You overlooked the most important thing of all—  
the sheet of paper."



We are often distracted by small, dot-like annoyances, and tend to forget the countless blessings from the Lord. But like the sheet of paper, the good things are far more important than whatever obstacles we face. An old adage gives sound advice to keep our focus pure: "As you travel down life's road, make it your goal to keep your eye on the donut, and not upon the hole."

Or, if you gain weight just by looking at donuts, you could think of the popular image of a glass being half full, rather than half empty. Instead of dwelling on the negative, look for something positive. After all, even the trials of life are blessings in disguise.

"Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance." (Js 1:2-3)

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