

Appreciative April 2023

Embrace a life of being thankful
in all circumstances

Regular Community Activities

In person



Racquet Club
(Table Tennis & Badminton)
Mondays at 6pm-9pm



Selhurst Food Bank & Community Kitchen
Tuesdays at 6pm-7:30pm



Craft Café
Wednesdays at 10am-2pm



Community Friendship Club
Thursdays at 11am-2pm

Online



Women's Forum
First Monday each month
at 7pm-8pm



Bible Book Club
First and last Tuesday each
month at 7pm-9pm



Prayers Together
Wednesdays at 12pm & 8pm



Online Worship Service
Saturdays from 10:00am

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

3 Read Psalms 107:8-9:
Consider how God satisfies your needs

4 See the upside in a difficult situation that has helped you to grow

5 Go for a walk and be intentional about smiling and saying hello to every person you pass

6 Send a message of gratitude to thank someone for something they did

7 Read Psalms 100:
Thank God for the benefits of a gracious heart

8 Review your past and see how the positives can prepare you for tomorrow

9 Focus on what is good in your life and give thanks

10 Recognise how blessed you are on a daily basis

11 Read Colossians 3:12-17:
Think how kind acts and thankfulness bring peace

12 Consider that approx. 80% of the world would feel lucky to have your life

13 Write a thank you note, text, or email to a loved one

14 Today focus on the gifts that you have been given throughout your life

15 Read Numbers 16:13-14:
Ponder on the dangers of being ungrateful

16 Turn a negative into positive. See the difference it makes in your life

17 Reflect on ungrateful ways and banish them from your thoughts

18 Start storing positive memories in your heart and mind

19 Cherish your friends. They're good for your wellbeing!

20 Read James 1:17:
Remember every good and perfect gift is from above

21 Write down the name of 3 people who have positively impacted you

22 Thank people who do things for you, but who you may have taken for granted

23 Look for something to be thankful for where you least expect it

24 Give thanks in all circumstances
1 Thessalonians 5:18

25 Make a list of things to thank God for like life, a home, clean water, etc.

26 Next time you have to do laundry, express gratitude for the clothes you wear

27 Show gratitude to God by finding ways to use the abilities he's given you to help others

28 Text a friend to see if they need help with anything

29 Read John 3:16:
Give thanks for the great sacrifice Jesus made on our behalf

30 Write a list of the things you are thankful for this month