

Tuesday, August 3
12 noon - 1 pm



The Gratitude **Festival**

Come for the live music, the fireworks, and the beer that won't be there

Stay for the panel discussion, the stories, the inspiration

If Gratitude were a place, it would surely hold an annual gratitude festival to plumb the secrets of gratitude and trade stories about the obvious and un-obvious gifts we gather on this journey. In fact, Gratitude is a place we can go to and there is going to be a festival!

The Gratitude Festival will take place on Tuesday, August 3 from 12 noon - 1 pm and is open to all Northern Light employees, friends, and family. Just hop on the [Zoom Express](#) to hear a provocative discussion about gratitude from a panel of gratitude practitioners, hear some of their tips on the topic and share your own insights and stories.



Northern Light
HealthSM

The Gratitude Festival

Panelists



Panel discussion -- **Warrior Gratitude**

Can gratitude be used protectively, as a radical means of defense when things are bad?

Is defensive gratitude really gratitude? Is "using" gratitude counter to the spirit of gratitude?



Randi Fisher, Benefits Manager, Home Office

"Gratitude is a choice. It lends a hand and kindness to those around you."



Angela Fileccia, LCSW, Director, Healthy Life Resources, Acadia

My gratitude quote is from my favorite author, Kurt Vonnegut: "When things are going sweetly and peacefully, please pause a moment, and then say out loud, "If this isn't nice, what is?""



Greg Bridges-Music, M Div., LCPC, Chaplain for Spiritual Support Services, Inpatient Pediatric Clinician, Acadia

"Gratitude is a healing ointment for the soul. It provides salve for gaining enlarging perspective on the inevitable changes, stresses & losses one encounters in life: growth rather than brokenness."



Andy VanEss, Wellness Program Manager, Beacon

"Gratitude turns what we have into enough."



Yemaya St. Clair, .LCPC-C, Counselor & Trainer, Work Force EAP

"Gratitude is like a magnet; the more grateful you are, the more you will receive to be grateful for." Iyanla Vanzant