District 8, September 6, 2025
Plains Lodge # 135
Gratitude

Gratitude means recognizing and valuing the positives in life. Do you practice gratitude by appreciating what's good, or do you dwell on the negatives?

Once, in a town on the Gulf Coast, there lived an elderly gardener named Sam. Each morning, Sam tended a patchwork of wildflowers in his yard, coaxing color from the earth. His neighbors passed by and admired the blooms but rarely paused to speak. One season, a hurricane battered the town, flattening most of Sam's Garden. When the clouds cleared, Sam found himself kneeling amid broken stems. Yet, instead of giving in to despair, he searched for what remained—a single violet, untouched by the storm. Sam cared for that solitary violet with devotion, believing that even the smallest act of nurturing could ripple outward. Days passed, and word spread because of Sam's quiet perseverance. Neighbors began to gather, bringing new seeds, offering helping hands, and sharing laughter over restored flowerbeds. The garden not only bloomed again, but it also flourished, more vibrant than ever before.

Here we see the butterfly effect in action: Sam's gratitude for one humble flower inspired a chain reaction. His small gesture—caring for the violet—set off waves of kindness and community spirit that transformed not just his garden, but his neighborhood. What began as a tiny act of appreciation grew into something magnificent, shaping the lives of many. Gratitude is thus not merely an emotion, but a practice—a way of seeing and living that can spark profound change from the smallest beginnings. When we pause to recognize the simplest blessings, we invite joy and connection, and our actions carry forward, sometimes in ways we may never fully see.

Let us always strive to be grateful, to lift one another up, and to remember that our smallest gestures—like the beating of a butterfly's wings—can inspire hope, friendship, and new beginnings.

Remember, Be the Butterfly!