



FTPD-Issue 12

20th November 2020

This week Senior Administration held a virtual version of our annual fall retreat. At the start of the final session we were all asked to share something we were grateful for. Team members were grateful for lots of different things, but two things stood out to me most: 1. Everyone was grateful for family and friends; 2. Many were grateful to be in a position to help others.

William Arthur Ward said "Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings." This quote shows us just how transformative gratitude can be. That just by being thankful, we can gain new perspectives on everyday happenings. Let us count our opportunities as blessings, and use them to bless others, especially in these times. Let us look at the time we have with family and friends as the precious gift it is, and express to them how much we are grateful for their love and support in our lives.

As many of us begin our preparations for Thanksgiving day meals, let us pause to reflect on the many things we are grateful for. I encourage you to make a list and share it with those who you love and appreciate, and who have made your lives that much easier during this year.

Please continue to spread joy and send inspiring quotes or scriptures to presidentsoffice@ub.edu.bs. Please stay safe and be encouraged.

