

I Am So Blessed

Words and music by Karen Drucker
Inspired by Reverend Mark Vierra

I am so blessed.
I am so blessed.
I am so grateful
for all that I have.
I am so blessed.
I am so blessed.
I am so grateful.
I am so blessed.

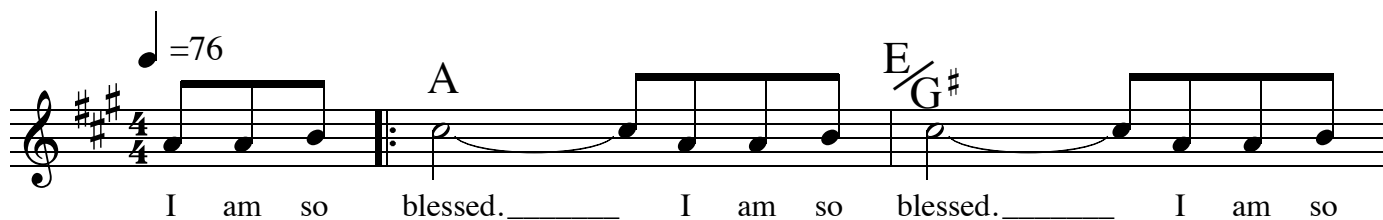
Possible uses: This chant works well as a sing-a-long, during the offering, and especially at Thanksgiving services.

Song notes: I have learned that taking time to give thanks for all that I have has made such a difference in my life, especially in those darker times when I can't feel it or see it. As Meister Eckart said, "If the only prayer you say in your whole life is 'Thank You' that would suffice." People have shared with me that this chant serves as their morning meditation. As one woman said to me, "If I can just take the time to sing this chant in the morning, the tone for my whole day is filled with grace and gratitude."

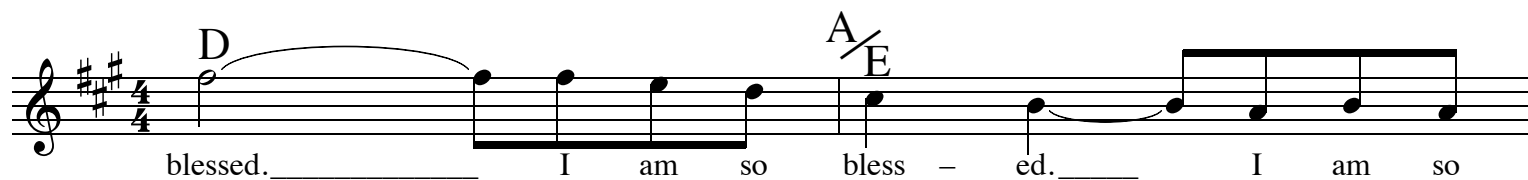
Song form on the CD: 4 bar introduction, we sang this through 7 times, building with harmonies, then going back to a solo voice on the last time, ending by repeating 'I am so grateful, I am so blessed' 3 times.

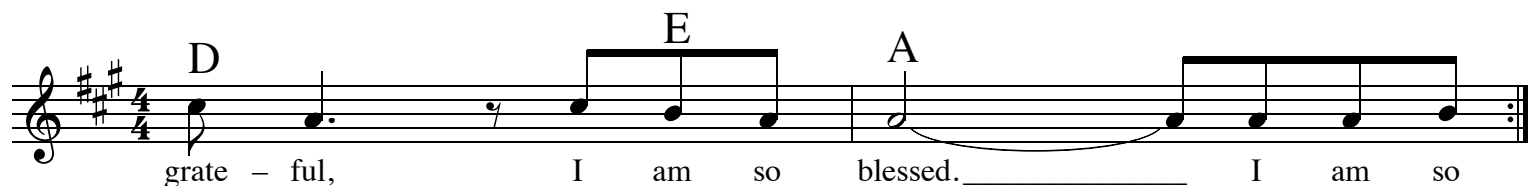
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