

# A SLOW HOLIDAY TOAST

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Before you begin, ask everyone to fill a glass. Let them know that you will read a series of short sentences and then invite them to take a collective, deep breath after each one. After the last deep breath, we'll raise our glasses.

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To the parts of ourselves that crave connection,  
May we feel satisfied.

[Deep Breath]

To the people who have loved us,  
May we reciprocate and share their love.

[Deep Breath]

To those whose land we stand upon,  
May we honor their stories and their ancestors.

[Deep Breath]

To the experiences that have shaped us,  
May we remember their lessons.

[Deep Breath]

To the families who raised us,  
May we continue their generosity.

[Deep Breath]

To the teachers who've taught us,  
May we heed their advice.

[Deep Breath]

And to the days and moments ahead,  
May our gratitude ever increase.

[Deep Breath]

Then raise & clink your glasses — add a cheer, a hug, or anything else that feels right in the moment.

