



# Attitudes of Gratitude

## Delivered Via E-Mail

We have an online gratitude group for anyone in OA who would like to join. Members send an e-mail with their gratitude list and then the e-mails are available to everyone else in the group.

You can select to have them delivered once daily in digest form.

If you would like to join the group, simply send an e-mail to: [gratitudelist-subscribe@yahoogroups.com](mailto:gratitudelist-subscribe@yahoogroups.com). If you have any questions or comments, please e-mail

Ginny at [gpspolly@comcast.net](mailto:gpspolly@comcast.net)