

## About the United Thank Offering (UTO)

In the late 1800s the women of The Episcopal Church learned that the need for new ministries was great but that there was no funding for innovative ideas. The women prayed and then took up a thank offering. The money collected was then given away to support these important projects. Our mission remains the same today. We encourage every Episcopalian to notice the good things that happen each day, give thanks to God for your blessings, and make an offering for those blessings. Your blessing goes on to bless others, as 100% of all donations received by UTO are granted the following year to support innovative mission and ministry. To learn more about UTO visit: [www.unitedthankoffering.org](http://www.unitedthankoffering.org)

## Make A Thank Offering

To donate to support the work of the United Thank Offering's grant process please:

1. Text INGATHER to 41444
2. Donate online: [www.unitedthankoffering.org/give](http://www.unitedthankoffering.org/give)
3. Or mail a check to:  
UTO, DFMS - Protestant Episcopal Church US  
P.O. Box 958983  
St. Louis, MO 63195-8983

## Contact Us

For more information about the United Thank Offering or the spiritual discipline of gratitude, including formation resources, please contact: Heather Melton, Staff Officer for the United Thank Offering, at [hmelton@episcopalchurch.org](mailto:hmelton@episcopalchurch.org)

## Follow us on social media:

Facebook: @UnitedThankOffering  
Twitter: @ThankOffering  
Instagram: @UnitedThankOffering

# November 2020 Gratitude Challenge



*Four weeks of practices online and at home  
to grow a more grateful heart.*



[www.unitedthankoffering.org](http://www.unitedthankoffering.org)  
[www.episcopalchurch.org/uto](http://www.episcopalchurch.org/uto)

# UTO November Gratitude Challenge

Each November, the United Thank Offering invites Episcopalians to spend thirty days intentionally practicing gratitude. This year we encourage you to spend each week of November focusing on areas in our lives that we often overlook or take for granted. Each week we will introduce a new theme, invite you to engage on social media, and offer an idea on how to give thanks for areas within the theme at home. You can participate as much as you want during the week. Some will want to share a photo every day on Instagram, while others might not post beyond their personal Facebook page, and others still might not post at all. You may want to do some of the at-home activities as a small group (either virtually or in person as safety permits). Finally, we hope you jot down a few words of gratitude at the end of the week so that at the end of the month you can reflect on all of the blessings you wrote down.

*"Gratitude changes lives, starting with yours. Please join with UTO in practicing life-changing gratitude this November and tell us about your experience."*

*Sherri Dietrich, UTO Board President*

## Tag Your Gratitude Posts on Social Media

If you choose to share photos, images, quotes or stories on social media, we hope you will tag us so we can give thanks with you. Please use #UTOChallenge in your posts.

## Encourage Others to Join You

November is a time when many people think about gratitude in the United States. We hope you'll share this resource with others and encourage them to join you in intentionally practicing gratitude for thirty days.

## Keep it Going in Advent.

*If you've enjoyed this weekly challenge, you can keep it going throughout Advent with the suggestions below.*

### Hope



The first week of Advent we are encouraged to focus on hope. Reflect on times in your life where you are grateful for your experience of hope. Be sure to consider times when you offered hope to others.

### Peace



The second week of Advent focuses on peace. What people, places or things bring you peace? Give thanks for them and perhaps send a note to the peaceful people in your life thanking them.

### Joy



The third week of Advent is about joy. Consider moments in your life when you experienced joy, perhaps by decades of your life. Spend time this week giving thanks for these moments of joy spread throughout your life.

### Love

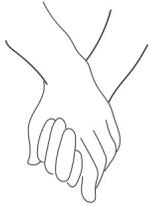


We end Advent with a final week to focus on love. Gratitude is one way that we express love, as it acknowledges love that we have received and cannot repay. This week we encourage you to think about all of the ways you receive and give love.

# Week Four: November 22-28

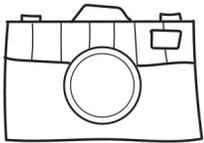
*This week we give thanks for our friends and family, the community that knits us together locally or at a distance.*

## Overview



This week we invite you to focus on your “family” - a wonderful term that means the community that surrounds you that forms your family (both biological or chosen). Reflect on all of the people who surround you and give thanks for their presence in your life and the gifts that they bring into your life.

## Online



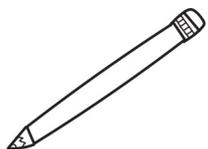
Share photos this week of your friends and family. Tell us why you are grateful for them and how they have affected your life. Be sure to tag them as a quick way to share your gratitude and love with them on social media.

## At Home



Write a letter to at least one of the people you are giving thanks for this week. Letter writing is becoming a lost artform, but everyone loves getting mail. Take a moment and send a thank you note and let someone know how grateful you are for the gift they are in your life.

## Give Thanks



As the week comes to a close, share a name or phrase to help you remember those things you gave thanks for this week.

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# Week One: November 1-7

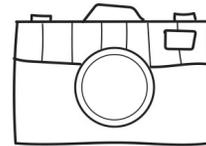
*This week we give thanks for all of the departed, saints in our time and saints who have gone before us.*

## Overview



This week the church recognizes two feast days: All Saints and All Souls. For many, the focus falls heavily upon those the whole church remembers for their heroic deeds or strong faith. But we also remember all of those who have died in the faith, whose faith and life affected ours. We give thanks for all the saints of the church, known and unknown, who have strengthened the church and made the world a better place.

## Online



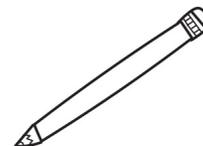
This week we encourage you to post photos online of the saints in your life. Share with us a bit about these people and why you are thankful for them.

## At Home



One of the ways the saints in our lives stay with us is through the food-related memories they left behind. This week, we encourage you to make at least one recipe from someone you are giving thanks for this week. You can share the story and recipe with friends while inviting them to also share a recipe and story.

## Give Thanks



As the week comes to a close, share a word or phrase to help you remember those things you gave thanks for this week.

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## Week Two: November 8-14

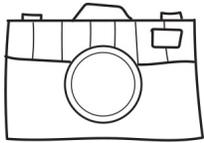
*This week we give thanks for the blessings found in creation.*

### Overview



The first gift God gave was creation. We often forget how important the world around us is to our survival and the survival of others. Sometimes we forget the joy creation brings when we get busy or as the seasons change. This week, we pause to give thanks for all of the wonder and joy found in creation.

### Online



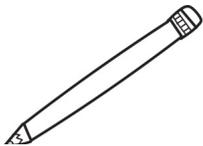
This week we encourage you to search for all of the things in creation that you are grateful for and share photos with us on social media. This could be as simple as your pets, houseplants, yard or favorite animal or plant. Share with us the parts of creation that you are grateful for.

### At Home



One of the best ways we can celebrate creation and give thanks for it is by adding to it. This week we invite you to plant something. For most of us this will mean adopting a house plant or planting something that can grow inside. Get creative - from windowsill herb gardens to succulents. Be sure to share a photo online.

### Give Thanks



As the week comes to a close, share a word or phrase to help you remember those things you gave thanks for this week.

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## Week Three: November 15-21

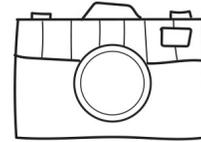
*This week we give thanks for ourselves, our souls and bodies.*

### Overview



One of the most overlooked forms of gratitude is giving thanks for ourselves. Our bodies are amazing things that can do so much. This week, we want you to focus on giving thanks for all of the things you are able to do, from running to having strong enough eyes to read late into the night.

### Online



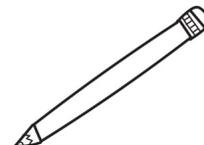
This week as we give thanks for ourselves, we hope you'll share a photo of you. This is a chance to share a favorite photo (perhaps one from a long time ago) of a time when you felt creative, brave, strong, smart or healthy. All of these are reasons to give thanks for you.

### At Home



This week we encourage you to do one thing simply for yourself. This can be as simple as reading a novel, cooking something only you enjoy or having a cup of coffee in the quiet before the sun rises. Whatever it is, do one thing that brings you joy that helps you celebrate and give thanks for the gift that is you.

### Give Thanks



As the week comes to a close, share a word or phrase to help you remember those things you gave thanks for this week.

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