



September UTO News and Highlights

Have you ever wondered about the difference between thankfulness and gratitude? Thankfulness is a feeling and gratitude is an action. Read more of Heather's thoughts in the full newsletter (along with more information about anything listed below), which you can subscribe to [here](#).

Go in Gratitude - Together! The Great EpisGOpal Race! October 13-23

No matter where you go or who you go with, don't forget to go in gratitude for this year's EpisGOpal Race. You can race anytime between October 13-23 in any way you choose. Registration is \$15, and the funds from registration will be shared between UTO and Episcopal Migration Ministries, Neighbor to Neighbor program. If you choose to fund raise for an organization (or create a team) that will go to the organization, you choose. **To learn more or to register here:** www.unitedthankoffering.com/race

Color Your Own UTO Blue Box and Free Formation Resources for Congregations

We've collaborated with Illustrated Ministries to create the first Blue Box you can color. In honor of this new box, you can enter your creation into our coloring contest to win some great prizes. **All the information about the coloring contest, including how to order boxes or submit photos, can be found [here](#).** While the materials are available for use at any time, the coloring contest ends in December. If you want to expand beyond the coloring contest, we've also got formation resources and Illustrated Ministries coloring sheets for children and adults that accompany the General Thanksgiving, found in the back of your *Book of Common Prayer*.

Free Gratitude Faith Formation Materials for November now available!

For those of you planning your Fall Formation schedule, our free November Gratitude materials are available [here](#). children's materials are set up for use within a Sunday School classroom or to be sent home with families to do together. We also offer connections with formation materials from Indigenous communities to help teach children about the history of the holiday and a list of picture books we love for elementary aged kids. The focus for our young adult/adult journal is on using gratitude as a form of interruption. Gratitude can be a powerful tool to interrupt routines or anxiety and be a reminder that good can be present in all those things too.

2024 UTO Prayer Booklet Call for Prayers

Please submit prayers for the triennial UTO Book of Prayers, which will be available at General Convention in Kentucky. Remember, you can write any prayer you want, anyone can write a prayer, and you can also write in any language. Please share with your community the call for prayers, have a prayer writing party, encourage kids in Sunday School to write a prayer, and make sure you send one in too. Once you are ready to submit a prayer you can do so [here](#). If you're worried about using the online form, you can also [email your prayers](#). Just be sure to include your name, parish and diocese.

2023 UTO Grant Webinars

In September, we will offer three webinars held in collaboration with the Global Partnerships Team. Two webinars will be offered for those interested in applying from Africa, [email Fr. Daniel](#) to register.

September 20th at 7pm Eastern. Grant process in Spanish. [Register for this meeting.](#)

October 11th at 7pm ET. 2023 grant focus and project ideas. [Register for this meeting.](#)

Upcoming Free Formation Webinars

September 13 at 12pm ET. Gratitude + LGBTQ+. This workshop, led by the Rev. Rowan Larson and other members of TransEpiscopal, will focus on the role of gratitude in fostering joy, hope, and strength in the face of oppression. [Register here.](#)

Gratitude + Difference - October 18 at Noon Eastern

What if we understood that unity doesn't mean uniformity? What if we saw each other's uniqueness as valuable, as something to be grateful for? Join us as we explore Lakota concepts of difference, ability, and community. We will discuss how our differences are what protect us and the dangers of uniformity. [Register here.](#)