

UNITED THANK OFFERING



Welcome to the 40 Days of Gratitude Challenge with the United Thank Offering

Lent is a time of self-reflection, repentance, and fasting in preparation for the great feast of Easter, and UTO will join you on that journey with our 40 Days of Gratitude Challenge. However you chose to join our gratitude challenge this year—via text message, social media or using the downloadable calendar—we are glad that you're here. You may be wondering how gratitude belongs in Lent instead of reflection over past failings, repentance and self-denial? Gratitude doesn't necessarily replace those things but it does go alongside them. Any honest self-reflection will bring to mind things for which to be grateful. Reflecting on past failings will, at the least, make you grateful that God loves us and gives us second chance after second chance to do better. And self-denial will fill you with gratitude for the eventual return of whatever it is you are denying yourself of during Lent. This Lent, we invite you to join us in fasting from ingratitude by noticing all of the small things we often overlook and give thanks for them.

The daily questions for reflection will be posted on social media for sharing online, (find us @UnitedThankOffering on Facebook and Instagram), or they will arrive via text message each morning (sign up at www.unitedthankoffering.org/lent), or you can simply use the enclosed calendar to mark the 40 days of Lent. We've also included a self-care prompt for the Sunday feast days during Lent as a way of further giving thanks and marking the Sundays set aside during Lent for rejoicing in the goodness of God.

We hope that when Lent comes to a close and we are all made new through the resurrection of Jesus on Easter that you will share the blessing of gratitude with your church, your friends and family, and with an offering to the United Thank Offering. You can simply scan the QR to the left to make an online donation, where 100% of what you give is given away through the UTO grant process the following year. Or, if you'd like to learn more about UTO, please visit www.unitedthankoffering.org where you can find videos, information about grant sites, and more support for practicing gratitude as an individual, family or congregation. If you need help finding something or have any questions, please contact Heather Melton, UTO Staff Officer at hmelton@episcopalchurch.org.





Lent 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Noticing and Giving Thanks for the Small Things in Our Daily Lives Today, notice and give thanks for...		Feb 22 <i>Ash Wednesday</i> the fragility of life. Give thanks for ways resiliency comes from fragility.	23 something so small, you normally wouldn't notice it.	24 something you love in your neighborhood.	25 life present in your home.	26 1st Sunday of Lent Sundays will be dedicated to practicing gratitude for yourself. Today, reflect on what gives you purpose.
27 a picture of a good memory.	28 what gives you warmth.	Mar 1 a chore that you enjoy.	2 something that alleviates stress.	3 the beauty of winter.	4 your comfort food.	5 2nd Sunday of Lent Today, reflect on how you've evolved and adapted throughout your life.
6 what gave you energy today.	7 a beautiful color in an unexpected place.	8 something that worked perfectly today.	9 a sign of Spring arriving.	10 someone you encountered today.	11 what helps you rest.	12 3rd Sunday of Lent Today, reflect on your hopes and dreams as the seasons change.
13 something you created.	14 your daily rituals.	15 windows and what you can see through them.	16 something challenging.	17 a spark of magic during your day. Happy St. Patrick's Day!	18 a favorite song, book, or movie.	19 4th Sunday of Lent Today, reflect on your body and mind and all that you can do.
20 what sustains you.	21 the night sky.	22 the artisanship in your home.	23 something you used to not like but now you do.	24 something that makes your life easier.	25 the clouds.	26 5th Sunday of Lent Today, reflect on what you love about yourself.
27 a hobby that brings you joy or purpose.	28 a meaningful conversation.	29 how you get where you need to go.	30 something you've learned recently.	31 something you've taught recently.	Apr 1 who you live with.	2 Palm Sunday Today we remember the hope of Jesus' followers. Reflect on all the things that bring you hope.
3 something in bloom.	4 a meaningful gift you have received.	5 someone who makes your life better.	6 Maundy Thursday a place to sit.	7 Good Friday those who have come before us.	8 a source of light.	9 Easter All the ways you experience resurrection and new life.