



Grow in Gratitude with UTO this November!

November is a great time to start or deepen a gratitude practice and UTO has materials for all ages and for Thanksgiving.

Science shows that committing to a gratitude practice will improve your health and well-being, and what better time to take on a new gratitude practice than in November as we in the United States prepare for Thanksgiving. To help **people of all ages** explore their personal practice of gratitude, we've created free materials for a variety of ages and with a variety of time commitments so you can find the path that best fits your needs.

For Families:

- Easy Thanksgiving Tree Craft
- Weekly Gratitude Journal for Families
- Fill in the blank Thank You Cards
- Book guides, crafts, and additional resources to help teach about the historic roots of Thanksgiving.

For Individuals:

- 30 day text message gratitude prompt
- Weekly gratitude journal focused on wellness and gratitude

For Thanksgiving:

- Gratitude Conversation Dice to help generate conversations on gratitude around the table.
- Prayer Cards to help ground your celebration in prayers
- Place Cards to let your guests know you're thankful for them



All of these resources (and more) are available on the UTO website and accessible via the QR code to the left. For more information on the United Thank Offering visit: www.unitedthankoffering.com



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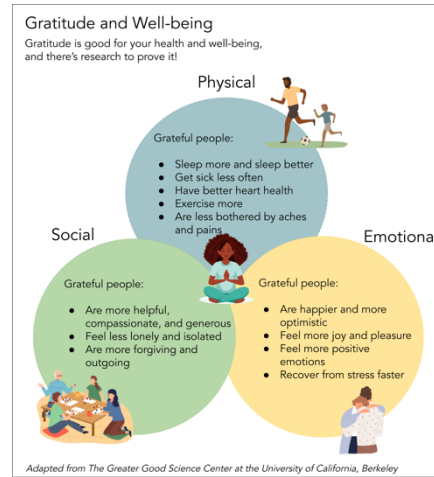
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Why Gratitude Matters



Wondering how committing to practicing gratitude can help your well-being? This graphic (The Greater Good Science Center) is a quick guide to all of the ways gratitude impacts your physical, social, and emotional well-being. Gratitude is important well beyond Thanksgiving and we hope you'll find ways to connect to a practice that is useful and lifegiving to you.

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About the United Thank Offering (UTO)



The United Thank Offering (UTO) was founded in 1883 as a way to raise funds to support mission and ministry sites that were without funding. The women of the church began by asking the assembled group to make a thank offering for all of the blessings of their past year. From this first thank offering grew our modern day experience of UTO. UTO encourages people to develop a practice of gratitude and from that practice to make thank offerings for all of the blessings they experience. 100% of these offerings are then given away the following year to support innovative mission and ministry projects around the globe. Currently, all grants awarded are within the focus of Matthew 25, welcoming the stranger. To find out more about the grant process about all of the grants awarded since 1883 visit www.unitedthankoffering.com/granting. To make a thank offering, use the QR code to the right. Thank you for your interest in the United Thank Offering.



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