

Gratitude Journal and Activity Booklet

This journal belongs to:

Dear families,

This week, our camp programming was created by The United Thank Offering (UTO) and made available for congregations to use for free. UTO has additional materials to help families commit to practicing gratitude throughout the year. To get you started, they have created this journal to help your family learn a bit more about why gratitude is important and some fun activities to support you in your journey.

The United Thank Offering was officially founded in 1889 as a way for the women of The Episcopal Church to support innovative mission and ministry that the churchwide budget had not expanded to fund. It began as a response to a need: women needed funding so they could serve in the mission field, and a priest needed a church building. The women, at their triennial gathering, took up a collection after asking each person to consider all of the ways that God had richly blessed their life, and then to give an offering to God in gratitude for those blessings. This first official collection built Christ Church in Anvik, Alaska and sent Ms. Lisa Lovell to serve as a missionary. From there the women began passing out little Blue Boxes to remind participants to give thanks every day for the big and small blessings they encountered. Today, UTO operates in much the same fashion. Our Board and Staff create materials like this Vacation Bible Camp to support people in their own personal spiritual discipline of gratitude. UTO still collects thank offerings and still gives away every penny given in gratitude. To find out more about UTO and where every penny given to UTO since its founding has gone visit: www.unitedthankoffering.com or use the QR code below.

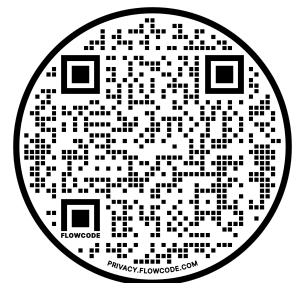
If you are grateful for the experience your child had at camp, for this resource, or simply thankful for all of the ways your life has been blessed, we hope you'll consider making a thank offering at: www.unitedthankoffering.com/give or use the QR code below. Please put "camp" in the comments so the UTO Board and Staff know what you're feeling grateful for when you give.

If you enjoy this resource and would like more, UTO has more formation resources for families at www.unitedthankoffering.com/resources/ They create new materials for November and Lent each year for both families and individuals. UTO also has resources to support you in connecting gratitude and generosity for your children.

Thank you so much for being a part of Waves of Gratitude, we hope that your whole family enjoyed the event, and we are so grateful for the chance to spend time with you.

With gratitude,

Camp Director, Waves of Gratitude





WE THANK YOU
for the splendor
of the whole creation,
for the beauty of this world,
for the wonder of life,
and for the mystery of love.

Five Things I'm Grateful For...

Studies have shown that keeping a gratitude journal improves your overall health. There is no right or wrong way to keep a gratitude journal, but we've created this page as a spot to capture five quick moments or words of gratitude for the week that has ended.

Five things I'm grateful for...

1.

2.

3.

4.

5.

Five people I'm grateful for...

1.

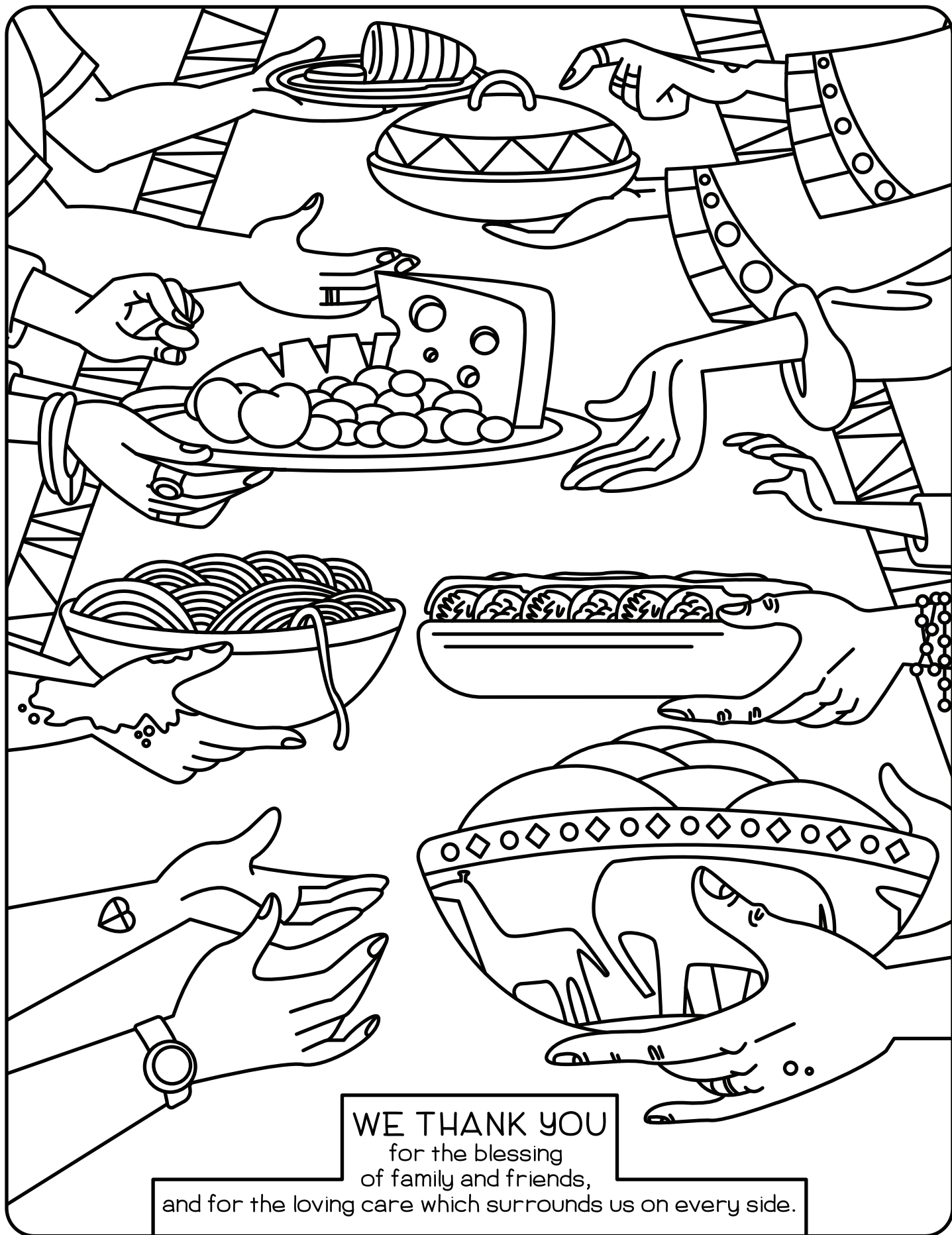
2.

3.

4.

5.

Now that you've reflected on your photos, we encourage you to make a thank offering to God for all of these blessings by donating at www.unitedthankoffering.org/give. To learn more about UTO or ways to develop your gratitude practices, please visit: www.unitedthankoffering.com



WE THANK YOU

for the blessing
of family and friends,

and for the loving care which surrounds us on every side.



I'm Grateful for My Home

Shelter is one of the three basic human needs. Many of us are grateful for the place where we live while some of us live in a place or situation that feels unstable or that perhaps we are considering moving. Regardless, within the walls of the place we live are often things that bring us joy, remind us of happy times, celebrate the journey our life has taken or simply serve us well.

Five objects I'm grateful for...

- 1.
- 2.
- 3.
- 4.
- 5.

Five photos I'm grateful for...

- 1.
- 2.
- 3.
- 4.
- 5.

Five tools I'm grateful for...

- 1.
- 2.
- 3.
- 4.
- 5.

Five events my home reminds me of today that I'm grateful for...

- 1.
- 2.
- 3.
- 4.
- 5.

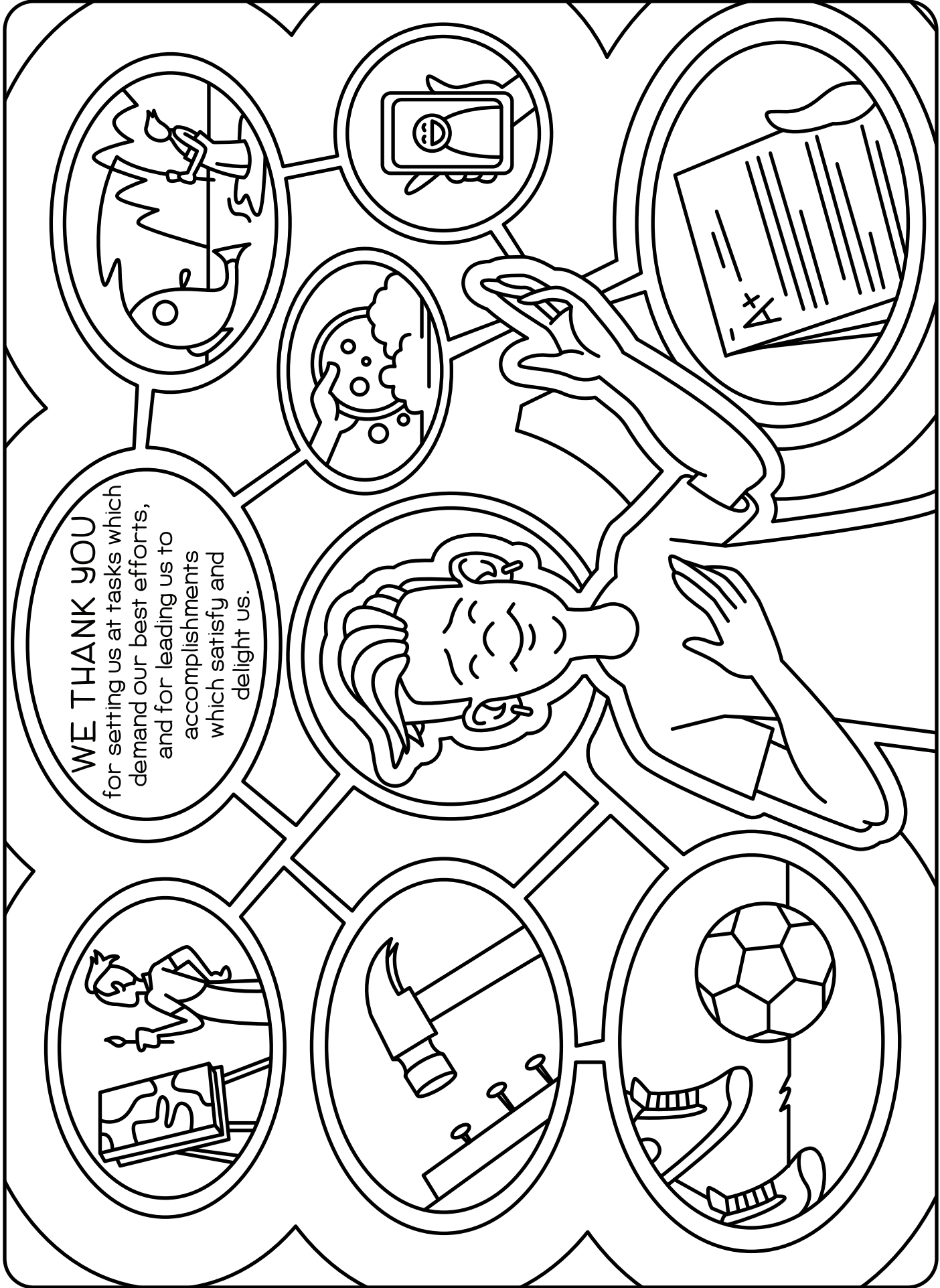
Five things that remind me of a vacation/trip that I'm grateful for...

- 1.
- 2.
- 3.
- 4.
- 5.

Five items that make my home cozy that I'm grateful for...

- 1.
- 2.
- 3.
- 4.
- 5.

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WE THANK YOU

for setting us at tasks which
demand our best efforts,
and for leading us to
accomplishments
which satisfy and
delight us.

The United Thank Offering Presents:

Waves of Gratitude

A Vacation Bible Camp Curriculum Focused on Gratitude



Photo Gratitude Journal

Studies have shown that keeping a gratitude journal improves your overall health. There is no right or wrong way to keep a gratitude journal, but we've created this page as a spot to capture photos from your phone of moments when you stopped to take notice and give thanks.

I'm grateful for this person:

I'm Grateful for this place:

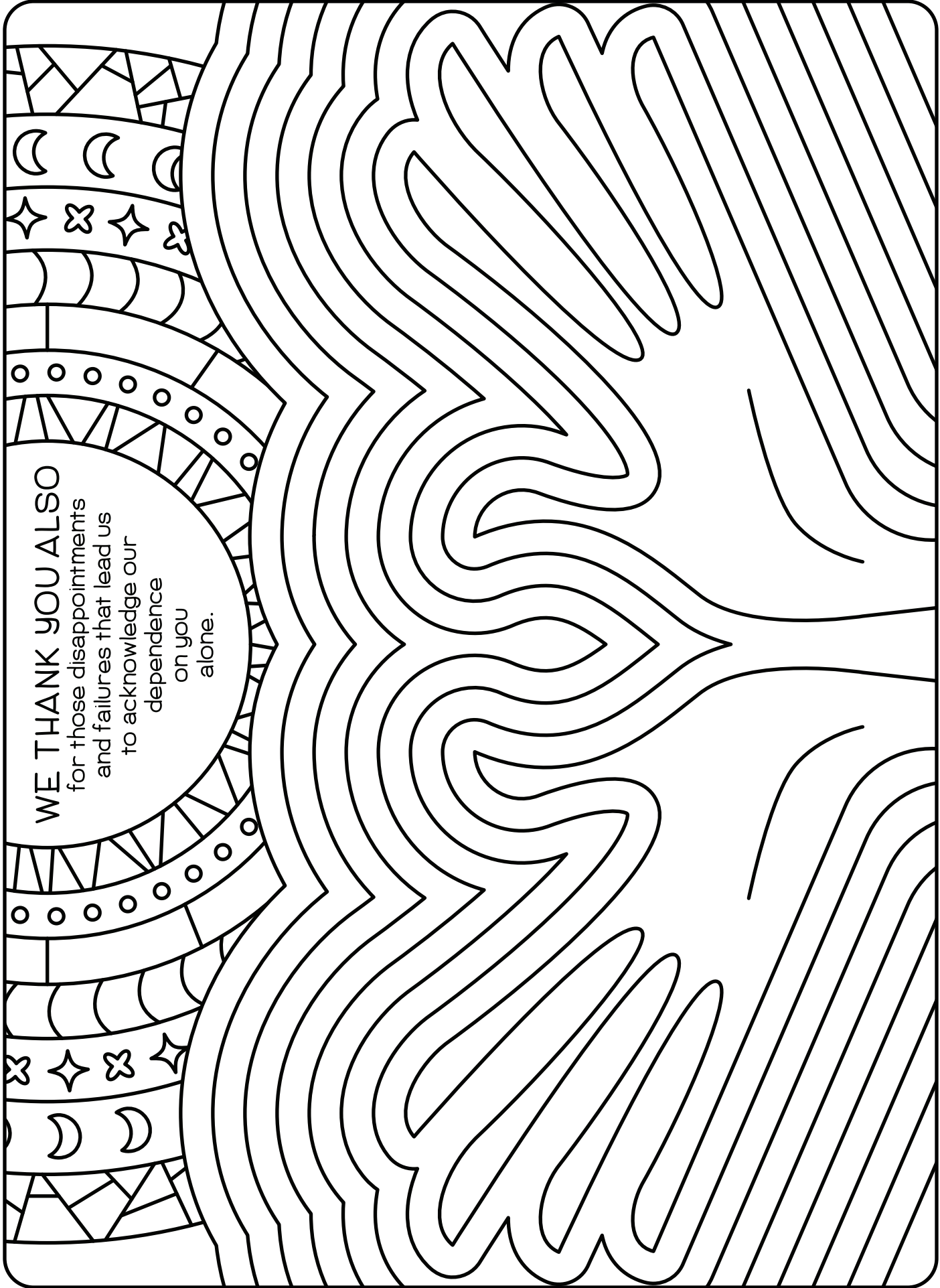
I'm grateful for nature:

I'm grateful for this moment:

I'm grateful for how I felt in this picture:

I'm grateful for how I felt when I was taking this picture:

Now that you've reflected on your photos, we encourage you to make a thank offering to God for all of these blessings by donating at www.unitedthankoffering.org/give To learn more about UTO or ways to develop your gratitude practices, please visit: www.unitedthankoffering.com



WE THANK YOU ALSO
for those disappointments
and failures that lead us
to acknowledge our
dependence
on you
alone.

The United Thank Offering Presents:

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Holiday Gratitude Journal

Studies have shown that keeping a gratitude journal improves your overall health. There is no right or wrong way to keep a gratitude journal, but we've created this page as a spot to capture moments or words of gratitude after a holiday celebration. We know that holidays can also be a challenging time for those who have lost loved ones or are separated by great distances, so we've also included a space to reflect on the gratitude for those people who you love who are missing from your celebration.

I'm grateful for the food we ate, especially:

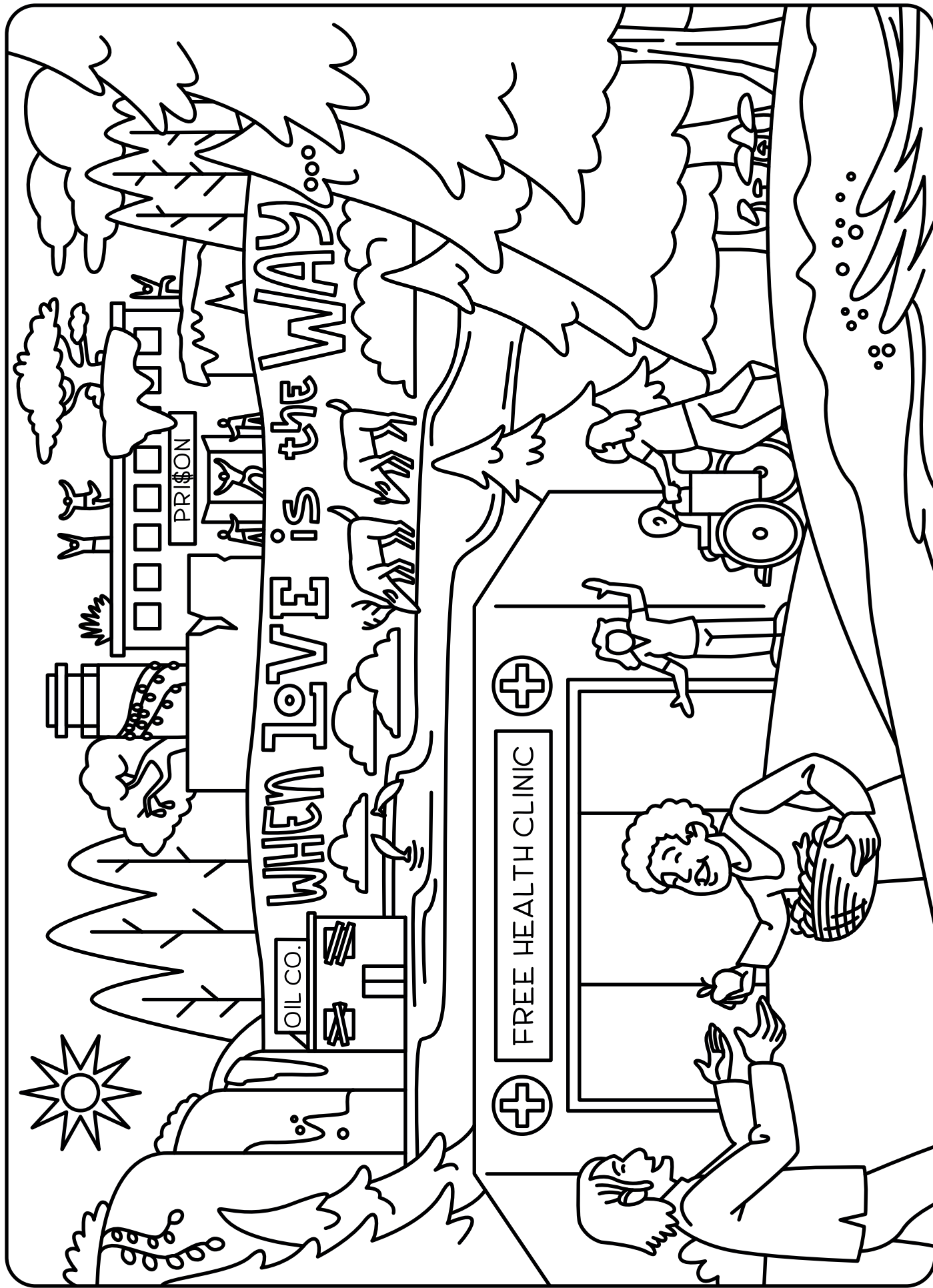
I'm grateful for the activities of the day, especially:

I'm grateful I got to spend time with:

Today I missed:

**...but I give thanks for all the ways they
blessed me when they were present at
our holiday celebrations past.**

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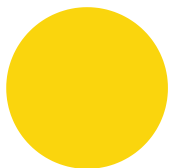
Gratitude Pick Up Sticks

Take turns trying to pick out one stick from the pile without moving the others. Answer the question that goes with the color you picked!

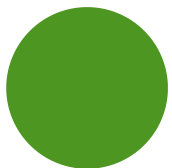
If your set of pick up sticks has more than four colors, choose your own question for the other color(s)!



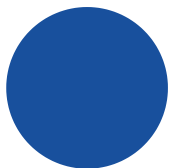
Who is a person you're grateful for and why?



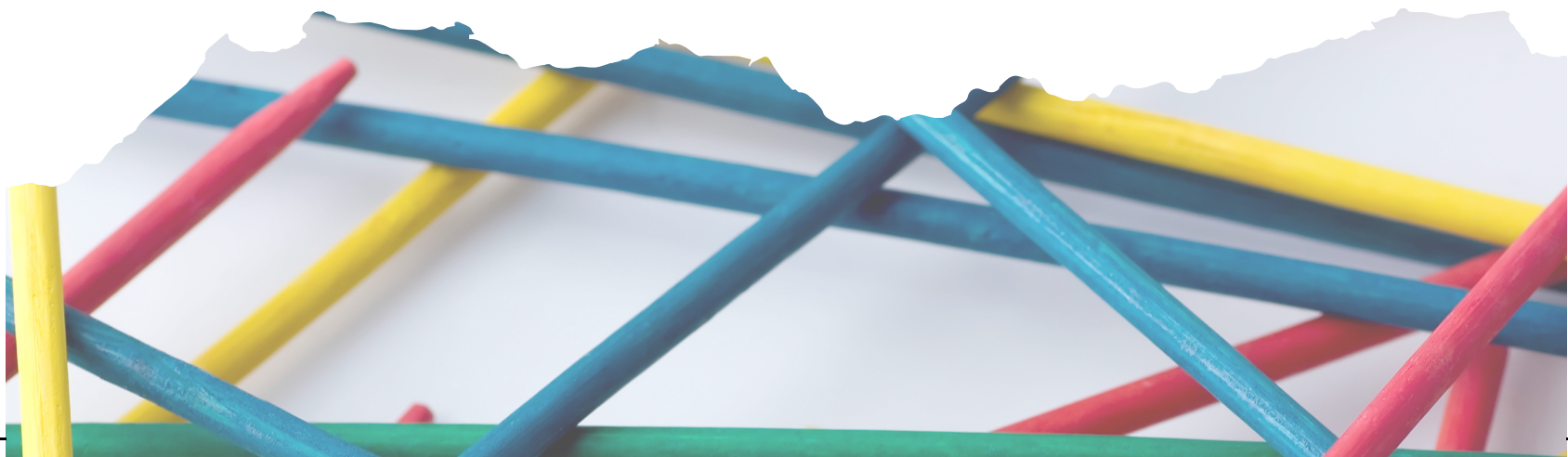
What's a thing you're grateful for and why?

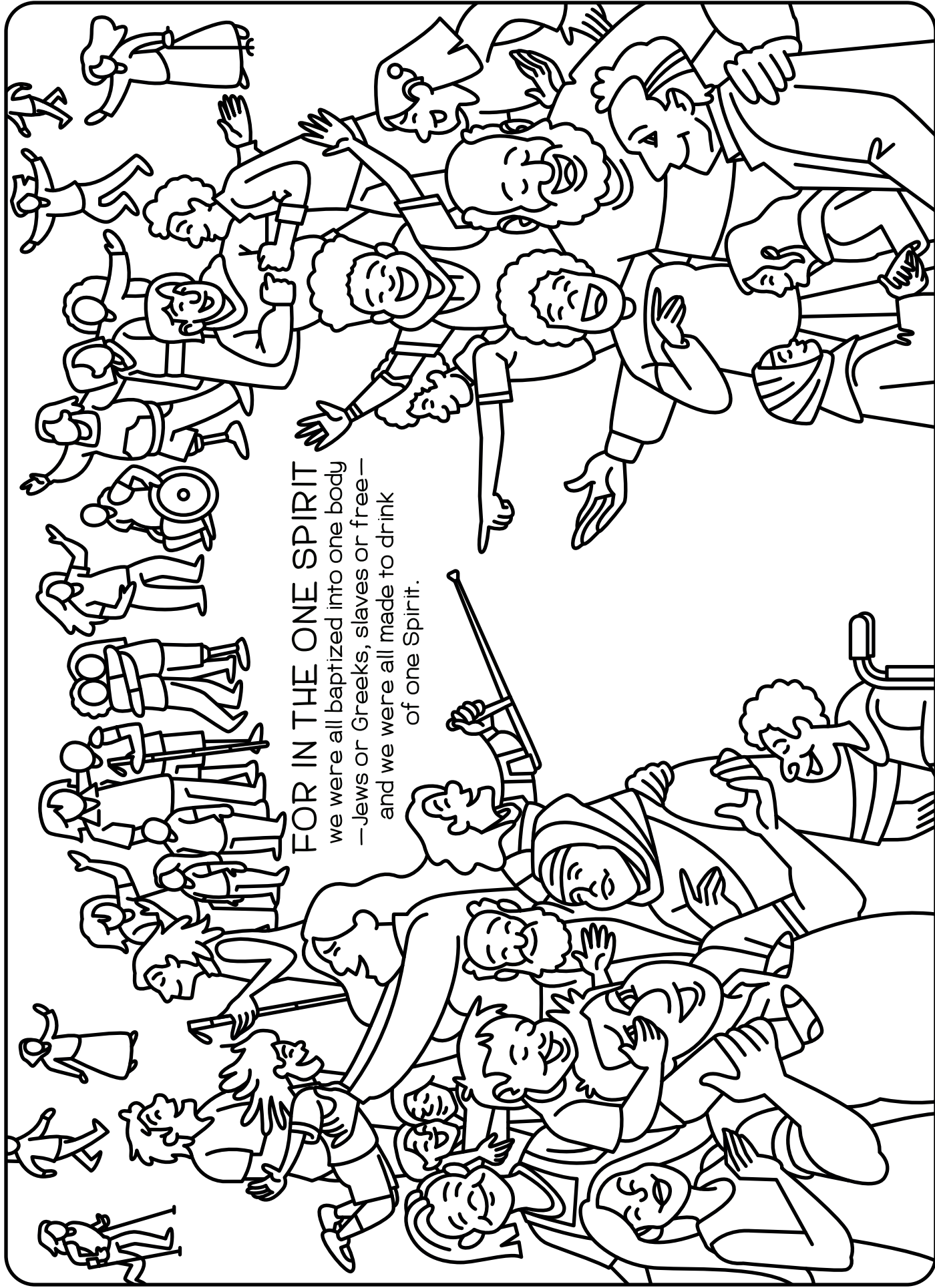


What was an experience you're grateful for and why?

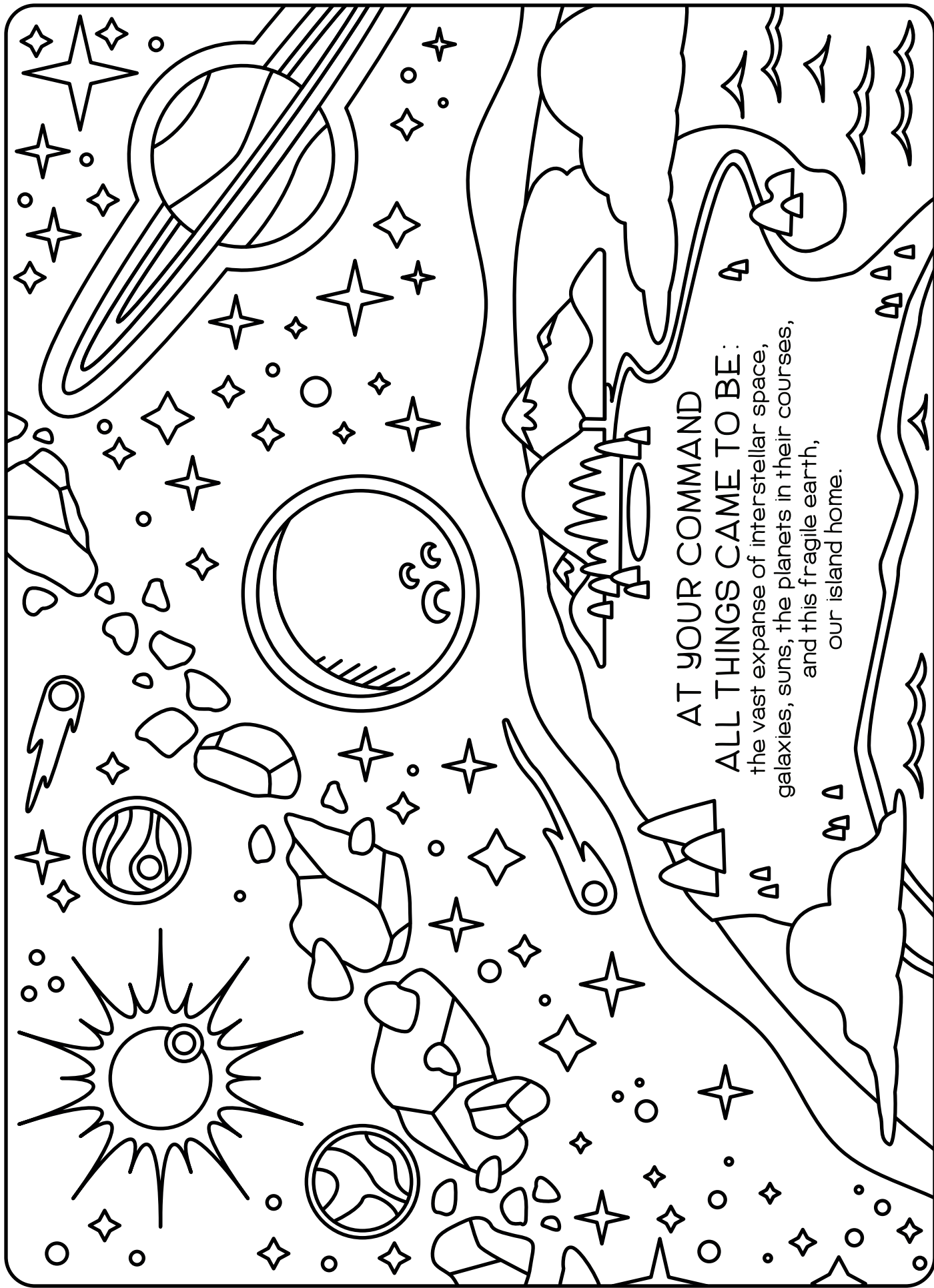


What's something that God has done in your life that you're grateful for?





FOR IN THE ONE SPIRIT
we were all baptized into one body
—Jews or Greeks, slaves or free—
and we were all made to drink
of one Spirit.



AT YOUR COMMAND
ALL THINGS CAME TO BE:
the vast expanse of interstellar space,
galaxies, suns, the planets in their courses,
and this fragile earth,
our island home.