



40 Days of Gratitude & Reciprocity: A Lenten Journey with the United Thank Offering

This Lent, UTO invites you to reflect on the things we are grateful for and how we can contribute to build up the good around us.

This Lent, UTO is pleased to provide a multi-faceted program to help people of all ages explore the concepts of gratitude and reciprocity which we hope will help you notice and give thanks for your own experiences and find ways to give joy, kindness, and gratitude back to the world around you. This program includes:

- Daily gratitude reflection prompts that you can receive in three different ways: text messages, social media post, or a printable calendar.
- Lenten materials for families, including weekly Lenten activities for kids, which center our themes of gratitude and reciprocity as a way to give thanks and give back to the world around them.
- Lenten book group (Zoom) – Join us for a 5-session book club on *The Serviceberry: Abundance and Reciprocity in the Natural World*. The final week of the book club features a panel discussion, open to everyone, featuring leaders from our Indigenous communities sharing their thoughts on gratitude and reciprocity.

Sign up for text messages or the book club, and download the materials listed above and more by visiting unitedthankoffering.com/lent or scanning the QR code.



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About the United Thank Offering (UTO)

The United Thank Offering (UTO) was founded in 1883 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 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 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. To find out more about the grant process about all the grants awarded since 1883 visit

www.unitedthankoffering.com/granting. To make a thank offering, use the QR code to the right.



Practice Gratitude...Change the World with UTO.

UTO helps move our gratitude forward in the world, it is a pathway to pay forward the good things we experience in our lives to bless someone else. In 2025, UTO awarded grants to provide water to those in need. Clean water is something many of us might take for granted that others struggle to access. Through the generous donations of people like you, we're able to take every penny given to UTO to change the lives of others through the creative projects of Episcopal and Anglican churches around the globe. **To find out more about where your thank offering goes, and the lives that it changes, please visit our website via the QR code to the right.**



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