



Calendar of Gratitude for Journaling

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>You are invited to journal during Lent using the prompts for each day. You may also take photos that capture your daily reflections. Remember, God has given us many blessings for which to be grateful.</p>			<p>22 Ash Wednesday <i>Today we are reminded we are dust. How do you give thanks for your fragility? How do you find strength in vulnerability?</i></p>	<p>23 <i>Gratitude for Gifts: God has given you many gifts. Reflect on these gifts. How can/do you share these gifts with others at work, school or community?</i></p>	<p>25 <i>Gratitude for Gifts: What gifts do you offer at church or in places where you worship?</i></p>	<p>25 <i>Gratitude for Gifts: What gifts do you offer at home, to family members, or to friends?</i></p>
<p>26 <i>Self-Care Sunday: This week we will reflect on rest and relaxation. Today allow yourself time to rest. What is something that refreshes your soul?</i></p>	<p>27 <i>Gratitude for Rest: Consider the books you own. Which is your favorite? Which makes you laugh? Which inspires you?</i></p>	<p>28 <i>Gratitude for Rest: Consider the crafts or projects you enjoy. What do you like to do? Who taught or inspired you?</i></p>	<p>March 1 <i>Gratitude for Rest: Consider the ways you move your body for health and strength. What exercise do you enjoy? How do you challenge yourself?</i></p>	<p>2 <i>Gratitude for Rest: How do you play? What games do you enjoy? What was your favorite game as a child? Who plays with you?</i></p>	<p>3 <i>Gratitude for Rest: How does being in nature refresh you? What parts of God's creation do you tend with gratitude?</i></p>	<p>4 <i>Gratitude for Rest: Reflect on an outdoor adventure that was meaningful. What made it memorable and renewing?</i></p>
<p>5 <i>Self-Care Sunday: This week we will reflect on our homes. Today enjoy your home in a relaxing way. What is something that refreshes your soul?</i></p>	<p>6 <i>Gratitude for Home: The kitchen is the heart of our homes. Even if you do not cook, it is often a gathering place. What brings you joy in your kitchen?</i></p>	<p>7 <i>Gratitude for Home: Our living rooms provide comfortable places to connect. What are you most grateful for in your living space? What makes you safe? What relaxes you?</i></p>	<p>8 <i>Gratitude for Home: While not a room that people talk about, bathrooms are important. What do you appreciate about this space? Do you enjoy the smell of soap or soaking in a hot bath?</i></p>	<p>9 <i>Gratitude for Home: Sleep is important for our health but many struggle to sleep. Consider your bedroom. Give thanks for those things that help you to rest and relax.</i></p>	<p>10 <i>Gratitude for Home: Consider the outdoor spaces of your home – a patio, porch, garden, or pool. What about this space elicits gratitude? How does it feel to be in your outdoor space?</i></p>	<p>11 <i>Gratitude for Home: We end the week by reflecting on our favorite spot in our home. What makes it a special place? Is there a special memory you have associated with the space?</i></p>
<p>12 <i>Self-Care Sunday: This week we reflect on our communities. Think about how you make a difference in your community. Share one kind thing you can do for yourself in thanksgiving.</i></p>	<p>13 <i>Gratitude for Community: Who are the people, known and unknown, who work to keep you physically healthy? Reflect on those in the medical professions.</i></p>	<p>14 <i>Gratitude for Community: Who are the people who make our towns clean and functional? Consider those who remove garbage, keep parks and streets clean; those whose work often is taken for granted.</i></p>	<p>15 <i>Gratitude for Community: Give thanks for all the people who deliver things to our homes – food, medicine, mail, packages. These people were crucial during the pandemic.</i></p>	<p>16 <i>Gratitude for Community: Consider the places in our community that feed you. Give thanks for all of the workers – from those who prepare the food to those who clean up.</i></p>	<p>17 <i>Gratitude for Community: Think about the shops that you frequent; groceries, small businesses, drug stores. Give thanks for those who stock shelves, sales clerks, and shop keepers.</i></p>	<p>18 <i>Gratitude for Community: Reflect on those who support us in getting around town – transportation workers, mechanics, bicycle repair people, road construction workers.</i></p>
<p>19 <i>Self-Care Sunday: This week we reflect on everything new under the sun. Technology can be a mixed blessing; we may enjoy games and photos and/or we may become obsessed with social media. Practice self-care, use technology wisely.</i></p>	<p>20 <i>Gratitude for Technology: Consider your phone. In what ways are you grateful for your phone, its apps, the photos and the ways a phone can now be used.</i></p>	<p>21 <i>Gratitude for Technology: Consider your computer. In what ways does your computer make your life better? What ways do you use your computer that you might want to change?</i></p>	<p>22 <i>Gratitude for Technology: Many of us use technology to help keep us healthy and strong - from medical equipment, exercise devices and fitness watches. What are you grateful for?</i></p>	<p>23 <i>Gratitude for Technology: Consider transportation. From engineers to pilots, give thanks for those who keep airplanes, trains, cars, buses, light rail and boats moving around the globe.</i></p>	<p>24 <i>Gratitude for Technology: Think about tools like televisions, digital displays at museums, and apps that stream video. Be grateful for technology that provides education and entertainment.</i></p>	<p>25 <i>Gratitude for Technology: Social media allows us to stay connected across the miles. Make a new boundary with social media that will allow you to use it in a better way.</i></p>
<p>26 <i>Self-Care Sunday: This week we celebrate that we do not live by bread alone. We have abundant food. Today enjoy a healthy meal and perhaps treat yourself to a favorite dessert or beverage.</i></p>	<p>27 <i>Gratitude for Food: What are your favorite fruits? Are there favorites that are only available at certain times of the year? What fruit do you look forward to with gratitude?</i></p>	<p>28 <i>Gratitude for Food: Give thanks for your favorite vegetables. Are there some vegetables that you eat only because you know they are good for you? Is there a vegetable that brings back a childhood memory?</i></p>	<p>29 <i>Gratitude for Food: Today we give thanks to those who provide us with fresh food – farmers, farm workers, transportation people and grocery workers.</i></p>	<p>30 <i>Gratitude for Food: What are the sweet treats you enjoy? Who are the people who prepare them – are they professional bakers, friends or family? Give thanks.</i></p>	<p>31 <i>Gratitude for Food: Reflect on beloved recipes. Have recipes been handed down through the family? Did you discover a new dish from a friend? Give thanks for special dishes that connect us to loved ones, past and present.</i></p>	<p>April 1 <i>Gratitude for Food: Trying new foods can be fun, terrifying and a great story later. What things have you tried that surprised you and perhaps became a favorite? Give thanks for the courage to try new things.</i></p>
<p>2 <i>Self-Care Sunday: This week we celebrate Pearls of Great Price. What matters most to you? Spend some time today with the people or activities that matter the most.</i></p>	<p>3 <i>Pearls of Great Price: Give thanks for yourself, your health, your ability, your mind, and for who you are. Remember to be grateful for who you are.</i></p>	<p>4 <i>Pearls of Great Price: Give thanks for the heirlooms in your life. The reminders that connect us to things past, things loved, and things lost.</i></p>	<p>5 <i>Pearls of Great Price: Give thanks for the small things that bring joy. Simple things like a coffee mug, favorite plant, or special treat. What small things bring you joy?</i></p>	<p>6 <i>Pearls of Great Price: Give thanks for your friends who matter most; whose opinions you value, whose companionship you enjoy, who listen to your stories.</i></p>	<p>7 <i>Pearls of Great Price: Consider the photos and icons that you are grateful to have as connections to other times and other places. Reflect on the memories they evoke.</i></p>	<p>8 <i>Pearls of Great Price: Give thanks for the traditions that bring joy, meaning and connection. What are the ways you mark passage of time and celebrations with others?</i></p>

LENTEN PRACTICE OF GRATITUDE

We invite you to the sacred practice of gratitude this Lent. Not only is gratitude good for our health, gratitude is a deeply important part of the life of faith and woven into everything we do in the Church. Our liturgies are full of prayers of thanksgiving—all steeped in centuries of tradition and rooted in both the Hebrew and Christian Scriptures. Spend time everyday practicing gratitude by this gratitude calendar with prompts for journaling and photographing each day! Then come to our Wednesday night Family Soup Suppers to share what you've noticed.

Overview of Weekly Themes:

- Week 1 Gratitude for the ways we are fearfully and wonderfully made. (Psalm 149:13)
- Week 2 Gratitude for rest and renewal (Isaiah 30:15)
- Week 3 Gratitude for our homes (Psalm 127:1)
- Week 4 Gratitude for the goodness in our communities (Psalm 133:1)
- Week 5 Gratitude for everything new under the sun - technology (Ecclesiastes 1:9)
- Week 6 Gratitude for plentiful food – not bread alone (Matthew 4:4)
- Week 7 ... Gratitude for Pearls of Great Price (Matthew 13:45)



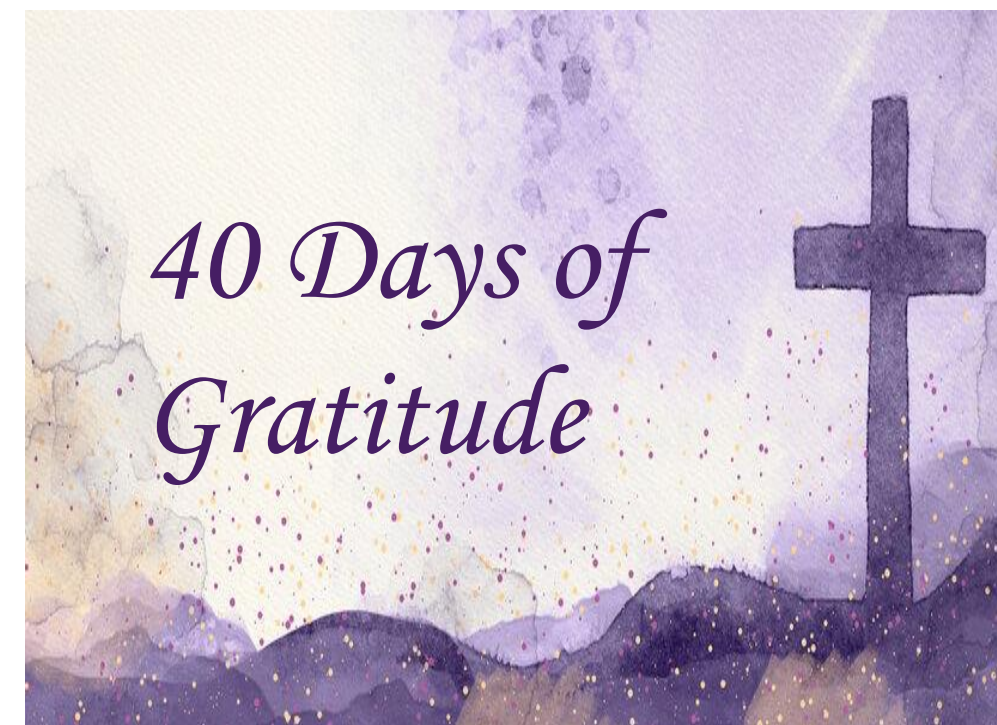
FAMILY LENTEN SOUP SUPPERS

Wednesdays in March from 6:00 pm-7:30 pm.

Lenten Soup Suppers are back! Join us Wednesdays in March for delicious meals and community reflections on gratitude. There will be something for everyone! Adults will share stories of gratitude and discuss prayers of thanksgiving in the Book of Common Prayer, children will spend time playing together and talking about gratitude, and the youth group will work on a Stations of the Cross project. Please sign up in the church so we know you are coming!

"In ordinary life, we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich. "

DIETRICH BONHOEFFER



*Welcome to a forty-day journey
of gratitude for Lent 2023*



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This resource was adapted from the United Thank Offering (UTO) 2022 Lenten publication *40 Days of Gratitude*. The original document can be downloaded at <https://unitedthankoffering.com/resources/>

To receive a daily text message from UTO during Lent sign up on their website: <https://unitedthankoffering.com/lent/>