



# A Season of Gratitude



Adapted from ResourceUMC.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>24 Put a gratitude jar in the kitchen with scraps of paper. Encourage people daily to write down things for which they are grateful. Read them on Epiphany</p>	<p>25 Smile and greet everyone you see throughout the day. Ask how they are – then LISTEN to what they say.</p>	<p>26 Hand write and mail a note to someone you admire or appreciate in your life. </p>	<p>27 Volunteer to read to nursing home residents.</p>	<p>28 Thanksgiving Day (U.S.): Read Psalm 100 to begin your time of everyone sharing blessings of the past year.</p>	<p>29 Spend an hour taking a prayer walk through a natural area. Thank God for the earth and offer blessings for all of creation.</p>	<p>30 As a family, rake a neighbor's leaves. </p>
<p>1  Take good magazines and leave in the hospital waiting room.</p>	<p>2 During Advent, commit to placing only positive messages on social media. Consider tweeting or posting a photo of something for which you are grateful each day.</p>	<p>3 #GivingTuesday- Make a donation in gratitude to your church or another United Methodist-related institution or ministry as a Christmas gift in honor of someone.</p>	<p>4 Leave sticky notes on various cars in store parking lots or on bathroom stalls in rest areas or public restrooms with simple messages of gratitude or kindness.</p>	<p>5 Share a favorite book with someone...and encourage them to pass it on.</p>	<p>6 Offer to babysit for free to give young parents a night out.</p>	<p>7 Pearl Harbor Day: Send a note to WWII veterans in your town thanking them for their service. If you don't know any of the vets, thank their survivors or descendants.</p>
<p>8 Visit a neighbor you have not seen for a while. Offer to help them with something, pray for them or invite them to join you for dinner.</p>	<p>9 Look for (and find) people who are doing a good job at a less-than-glamorous task and thank them for their good work. Let their managers know as well.</p>	<p>10 Let the person behind you at the grocery store cut in line.</p>	<p>11  Take flowers or a nice plant to the church secretary.</p>	<p>12 Read 1 Thessalonians 5:16-18 silently or with your family. Talk about blessings you find in difficulties you are facing.</p>	<p>13 Make a casserole or dinner to be placed in your church freezer for anyone who needs it.</p>	<p>14  Tape a \$5 bill to a jug of milk in the grocery store.</p>
<p>15 Make handcrafted greeting cards with a personal message to show the recipients they are a special enough to be sent something made by you.</p>	<p>16 Thank God for quenching your thirst – be it with a drink or companionship, inspiration or spiritual guidance.</p>	<p>17  Phone a friend or relative. Tell them "I was thinking of you so thought I'd call."</p>	<p>18 Write a personal note of thanks or encouragement to your local church clergy.</p>	<p>19 Visit a local non-profit to learn about their work and thank them for serving.</p>	<p>20 Take or ship a friend in need of comfort a meal or treat.</p>	<p>21 Be grateful for silence when you can grab a quiet time and say a simple prayer.</p>
<p>22 Tell someone why you appreciate them. </p>	<p>23 Pay the toll or the drive-thru coffee or meal of someone behind you. Ask the cashier to give the recipient a note with a gratitude or kindness message. Thank the cashier.</p>	<p>24 Christmas Eve: Make eye contact with each family member or close friend sharing the day with you. Tell them three reasons you are thankful for them.</p>	<p>25 Christmas Day: Start your Christmas morning by reading Luke 2 and having each person share what the gift of Jesus Christ means to them. Thank God for the gift of Jesus.</p>	<p>26 Carry hand-written thank you cards that might include a gift card through a public area. Give to any military personnel you encounter.</p>	<p>27 Take a picture for a tourist or a local family on an outing. </p>	<p>28 Smile and hold doors open for people wherever you go; say "hello" to a stranger.</p>
<p>29 Sit out on your porch or front stoop, or just look out the window, and pray for each person who drives by.</p>	<p>30 Help a family member accomplish something on their to-do list.</p>	<p>31 Ask a teacher at your church or child's school what school supplies their students most need. Buy some for them.</p>	<p>1 Start a gratitude journal to increase your awareness of the blessings in your life. </p>	<p>2 Compliment a co-worker or classmate on something you respect about him or her.</p>	<p>3 Purchase \$5 gift cards for a nearby inexpensive restaurant, and share them with people you see who are homeless or otherwise in need.</p>	<p>4 Collect canned goods for a local food bank. (What they received in the weeks before Christmas is already gone.)</p>
<p>5 Begin the practice of having every family member at the dinner table share something he/she is grateful for that day.</p>	<p>6 Day of the Epiphany: Begin reading the slips of paper in your gratitude jar (Nov. 24). Plan how you will continue to express gratitude for God's blessings every day.</p>	<p>Hang this calendar and use it to engage in daily acts of gratitude and kindness. Most of them can either be done alone or with family or friends. Some require a bit of planning, so you may want to look ahead a few days, or make arrangements to do the actual activity a few days later.</p>				