



# First Lutheran Church November Gratitude Project 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Reformation Sunday	31 Halloween	1 Start a Gratitude Journal for November  Tuna Helper Canned Tuna	2 Do a random act of kindness. Expect nothing in return.  Canned Chicken	3 Psalm 118:1 Give thanks to the Lord, for he is good; his love endures forever  Peanut Butter Jelly	4 Give thanks for the people in our daily lives who lift our spirits and inspire our faith.  Canned Fruit	5 Go on a walk and name things in nature that you're grateful for.  Pancake Mix Syrup
6 All Saints Sunday  Cereal Boxed milk	7 Psalm 69:30 I will praise God's name in song and glorify him with thanksgiving  Mac and Cheese	8 Spend time with someone you care about today  Canned corn and canned carrots	9 Make yourself your favorite hot beverage today  Boxed and canned potatoes Canned gravy	10 Leave a note of encouragement in a public place  Oatmeal Pop Tarts	11 Veteran's Day Thank a veteran for his or her service to our country  Toilet Paper	12 Write a letter to at least one person you are giving thanks for this week  Spaghetti sauce in plastic jars
13 Write a list of 5 things you're grateful for that don't cost anything  Laundry detergent	14 Tell your loved ones <i>why</i> you love them  Body wash Deodorant (men's and women's)	15 Tour and enjoy your hometown like a tourist  Paper towel House cleaning supplies	16 Recall a favorite memory that you're grateful for  Dish soap	17 What changes in your life are you grateful for?  Shampoo Conditioner	18 Volunteer to do an unpleasant task  Feminine hygiene products	19 Reach out to someone you haven't connected with in a while  Bags (plastic and large paper grocery bags)
20 Drop off day! Bring your items to the church in reusable shopping bags						
		IN	ALL	THINGS	GIVE	THANKS

