

WEEK FOUR

Disrupt Traditions

Nov 20: Self-Care Sunday!

Today we encourage you to take the time you set aside at the beginning of the month for self-care. Do something today that will help you feel rested and rejuvenated.

Nov 21: Travel

Many people in the US will travel this week to visit family or go on vacation. While travel can be a chore or mindless, we want to encourage you to find ways to give thanks, from the opportunity to have time off to the people who are working so you can travel. Take a moment and give thanks for these things and practice gratitude with the people you encounter.

Nov 22: Thanksgiving Meal Prep

Many people in the United States spend a great deal of time preparing food for Thanksgiving. From brining the turkey to creating dishes only prepared once a year. For many, this is a joyful and busy experience, and it's easy to get into a routine. We invite you to take a moment and give thanks while you're doing it. Are the recipes you're using a family tradition? Can you share stories of that person with younger generations? Can you practice gratitude at the store or with your family during this time of preparation?

Nov 23: Land Acknowledgement

In the US the narrative around Thanksgiving that many of us were taught is harmful and not historically accurate. Today as we prepare for thanksgiving, interrupt those narratives by creating a new tradition. Take a moment today to research the Indigenous people who occupied the land where you are celebrating this week and learn something about them.

Nov 24: Thanksgiving Today will be a busy day for many as they gather for Thanksgiving. Interrupt the busyness with prayer and gratitude. We encourage you to consider using the litany in the UTO Liturgy booklet for Thanksgiving, included at the end of this booklet (p. 14). If the litany doesn't feel appropriate given the guests gathering in your home, consider adding a gratitude practice as a part of your celebration. It can be as simple as having a few gratitude prompts for everyone to respond to or asking everyone to share a photo from their phone of a moment they are thankful to have experienced.

Nov 25: Black Friday

Today is Black Friday - regardless of if you are shopping, we invite you to interrupt this day with gratitude for hourly workers. Many shop employees and their work goes unnoticed, but today we hope you'll give thanks for them either in person or at home. Give thanks for the people who move goods around the globe and for those that create them.

Nov 26: Play!

Today in addition to the time you have set aside for play, we encourage you to invite someone to play alongside you. The fun thing about play is that it can be contagious. If you like playing games, they are more fun with a group. Invite someone to go for a walk with you to just hang out or take an art class with a friend. Commit to play with another person at least once before the end of the year.