



OVER THE NEXT 30 DAYS, LET'S DEMONSTRATE LOVE AND KINDNESS THROUGHOUT OUR COMMUNITIES!

The challenge is to complete at least one act of kindness each day. Below, you'll find ideas – some that might cost you a few dollars, and others that will just take a few minutes of your time.

Encourage others to join in the challenge by sharing on your social media – tag Franklin Circle Church and use hashtag #LoveYourNeighbor! Use these ideas, or come up with your own. Be sure to follow all recommended local and CDC health and safety guidelines.

- Help move some furniture at the church to prepare the space for Metanoia homeless guests
- Donate a meal for 15 people, bagged lunches or food for the Metanoia guests
- Help organize the church clothing closet - to prepare the winter clothes for the Metanoia guests
- Help assemble hygiene bags for our Metanoia guests
- Help setup, serve, or cleanup for the Thanksgiving Day Community Meal
- Volunteer to finish painting the church stairwell to prepare the building for re-opening following the pandemic
- Rake your neighbor's yard
- Host a clean-up event at a nearby park
- Give a thank you treat to your mail carriers, delivery drivers and sanitation employees
- Chalk a sidewalk with positive messages
- Carry some \$5 coffee shop gift cards to hand out
- Take a prayer walk in your neighborhood and pray for each house
- Give a gift card to a drive-thru restaurant employee or store checkout employee – or just tell them they are awesome
- Surprise a neighbor with freshly baked treats
- Donate a toy or craft supplies for activity bags at a local hospital
- List 30 people and pray for one each day
- Buy a box of hot chocolate packets, a bag of marshmallows and a mug from the DollarTree and give them to your neighbor with a note of encouragement or friendship.
- Leave a kind server the biggest tip you can afford

- Email or write to a teacher who has made a difference in your life
- Compliment the first 3 people you talk to today
- Post something positive and encouraging on social media
- Write a LinkedIn recommendation
- Send a "Thank You" card or treats to your local police or fire station
- Donate blood
- Tell someone under 30 the strengths you see in them
- Purchase new socks and underwear and donate them to a shelter or the church clothing closet
- Send encouraging text messages to 5 people
- Attach a kind sticky note message to a mirror or car window
- Purchase new or donate seasonal clothing to a clothing closet
- Donate packages of diapers and wipes to a local agency
- Donate towels and blankets to an animal shelter
- Buy coffee, tea or food for the person behind you in line or at a drive-thru
- Know parents who could use a night out? Offer to babysit for free
- Call a loved one or someone you haven't connected with for a while

- Pray for government leaders; bless them with encouraging notes.
- Give someone a ride to the grocery store or pharmacy
- Go to the grocery store or pharmacy and shop for someone who can't get out
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- Share your ideas on the Franklin Circle Church Facebook page.
- Text or call a friend and join together in doing acts of love for our neighbors.

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