



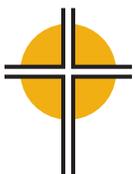
RANDOM ACTS OF KINDNESS

Southwood Lutheran Church 50th Anniversary Celebration

If there was ever a time to be kind, it's right now. As a church, we can influence our community to be kinder, more empathetic, and accepting.

Carry out 1, 2 or more ideas from the list below:

- ◆ Send a motivational text to a friend who is struggling.
- ◆ Reach out to call a friend, family member or neighbor who is experiencing loneliness or isolation.
- ◆ Contact someone you haven't seen in a while and arrange a phone catch-up.
- ◆ Arrange to watch a movie at the same time as a friend and video call/FaceTime afterwards to discuss.
- ◆ Host a virtual game night with friends or family members.
- ◆ Write a message of love and tuck it into a school lunch.
- ◆ Pull out a cookbook and cook a meal together.
- ◆ Try out a new hobby as a family (i.e. making bread, taking guitar lessons, learning new dance moves).
- ◆ Detail a loved one's car (inside and out).
- ◆ Pray for someone and let them know that you prayed for them.
- ◆ Offer to support vulnerable neighbors (i.e. take in the trash bins, run errands, walk dog, shovel their driveway/sidewalk, scrape a windshield).
- ◆ Drop off a take-out meal or cup of coffee to a vulnerable neighbor, friend or family member.
- ◆ Check in on a work colleague and ask how they are feeling with the change in work routines.
- ◆ Give praise to a colleague for something they've done well.
- ◆ Arrange to have a video tea or coffee break with a colleague.
- ◆ Write a positive LinkedIn review for a co-worker.
- ◆ Make a financial donation to a charity, such as
 - ◆ Food Bank of Lincoln • bit.ly/food-bank-donate
 - ◆ Gathering Place • bit.ly/gathering-donate
 - ◆ Meals on Wheels (Tabitha) • bit.ly/tabitha-meals
 - ◆ Matt Talbot • bit.ly/mtko-donate
 - ◆ Clinic With A Heart • bit.ly/cwah-donate
- ◆ Ask for donations to a non-profit rather than birthday gifts.
- ◆ Donate bottles of hand sanitizer to police stations, fire departments or public libraries.
- ◆ Donate to Southwood's Good Samaritan Fund. These funds are used to support those in the community who may need assistance in paying for rent, utilities, groceries or gas.
 - ◆ Southwood Give • bit.ly/southwood-give
- ◆ Donate to the Good Samaritan Fund
- ◆ Gather gently used clothing and drop off at a donation drop off location around town.



Southwood
Lutheran Church

402.423.5511

southwoodlutheran.org

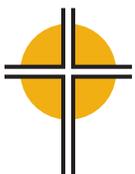
4301 Wilderness Hills Blvd., Lincoln, NE 68516



- ◆ Leave a book in a Little Free Library location around town.
 - ◆ Locate a Little Free Library near you • bit.ly/free-library-map
- ◆ Order takeout from a local restaurant.
- ◆ Leave an online review for your favorite store, restaurant or online business, telling everyone how great they are.
- ◆ Leave a generous tip.
- ◆ Pay the bill for the person behind you in line at the drive-thru.
- ◆ Let the car in front of you merge into traffic with a wave and a smile.
- ◆ Leave an encouraging note on someone's windshield.
- ◆ Return extra shopping carts you see at the grocery store.
- ◆ Support a local small business with a purchase.
- ◆ Email a former teacher to say thank you.
- ◆ Give your child's teacher \$5 toward classroom expenses.
- ◆ Leave your change in a vending machine after you buy something.
- ◆ Leave a travel size package of wipes on a restroom changing area with a note of encouragement for parents.
- ◆ Leave a treat, tip or note in the mailbox for your mail carrier.
- ◆ Adjust the thermostat in your home (changing the temperature by just one degree can save you 10% on your energy use in a year).
- ◆ Transition bill paying to online and/or switch to paperless mail, when possible.
- ◆ Start a recycling program in your home or expand it to include composting efforts.

Family Friendly Ideas

- ◆ Tell a family member how much you love and appreciate them.
- ◆ Tell someone you know that you are proud of them.
- ◆ Tell someone you know why you are thankful for them.
- ◆ Create or print positive notes to leave on the bathroom mirror for someone that you live with.
 - ◆ Print Positive Notes • bit.ly/3ab47e67
- ◆ Send a Valentine's e-card to neighbors or family members.
 - ◆ e-card site • bit.ly/hallmark-printable
- ◆ Color pictures for people you love and put them in the mail.
- ◆ Help with a household chore at home or do someone else's chores.
- ◆ Send someone you know a joke to cheer them up.
- ◆ Send someone you know a picture of a cute animal.
- ◆ Spend time playing with your pet.
- ◆ Paint a rock with a kind message and leave it for someone to find.
- ◆ Make your parents breakfast, lunch or dinner.
- ◆ Don't fight with your siblings.
- ◆ Lead a prayer before a meal.



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