

DO KINDNESS

LOVE JUSTICE

WALK WITH GOD

KINDNESS

CHALLENGE

November is Kindness Month at Centreville UMC. Take the challenge! 30 Acts of Kindness in 30 Days

Complete at least one act of kindness each day in November. We have some suggestions below, but feel free to be creative and come up with your own acts of kindness. Place a heart on our kindness display in the church lobby for each challenge you complete. Complete 15 challenges and get a “Kind” bar; complete 30 and get a kindness tote bag. **No matter how many challenges you complete, let’s spread some love! Kindness has a ripple effect; your acts of kindness can inspire others.**

- Help with a chore you don’t normally do.
- Make a list of 30 people, and pray for one each day.
- Give a thank you treat to your mail carrier or delivery driver.
- Let someone else go first.
- Surprise a neighbor with freshly baked cookies.
- Donate an “Item of the Week” to our holiday food basket drive.
- Take a Christmas gift tag from the Angel Tree.
- Leave your server a large tip.
- Email or write to someone who has made a difference in your life.
- Send a thank you card or treats to your local police or fire station.
- Offer three sincere compliments today.
- Post something positive and encouraging on social media.
- Donate blood.
- Purchase new adult socks, gloves or a hat for our Hot Meals for the Unhoused ministry.
- Send short encouraging text messages or emails to three people today.
- Take a moment at the beginning of the Thanksgiving meal to share things/people you are thankful for.
- Let a checkout clerk know you appreciate their effort.
- Be a kind commuter today.
- Donate a gently used or new item of clothing to our clothing ministry.
- Assume the best about someone who has upset or disappointed you today.
- Donate towels, blankets or pet food to an animal shelter.
- Buy coffee, tea or food for the person behind you in line or at the drive thru.
- Donate a package of diapers or wipes to Grace Ministry.
- Invite someone to come to church with you on Sunday, or invite someone at church to sit with you.
- Reach out to someone you haven’t seen in a while.
- Take someone from church to lunch or coffee.
- Share one of our kindness posts on Facebook or Instagram*
- Sign up to be an organ or tissue donor.
- When others speak negatively, be the one who offers a positive word.
- Help your neighbor with their yard work
- Pray for a government leader and bless them with an encouraging note.
- Say something nice to someone you disagree with.
- Put an encouraging sticky note and a \$5 bill in a library book or in a book at the book store.
- Help a colleague in a way you usually wouldn’t.
- Give a \$5 gift card to a coffee shop or fast food restaurant to your custodian, housekeeper, or other service worker.
- Tell someone over 60 what you love about them.
- Refrain from complaining today.
- Share a story about a loved one who has passed on with someone from the next generation.
- Thank a veteran.
- Help decorate the church for Christmas.



You do not need to be a member of Centreville UMC to participate in our Kindness Challenge. We welcome all to join us as we live out kindness in a world that needs it.

*Throughout November, we will be sharing posts on social media relating to kindness, such as inspirational quotes and videos. Follow us at CentrevilleUMC



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United Methodist Church
www.centreville-umc.org

