

# live:kind

## *Kindness at church*

1. Befriend an older person and talk to them every Sabbath.
2. Make a small cake or card for an elderly person's birthday.
3. Visit the shut in and elderly people in your church. Spend time with them asking them about their life story, praying and reading to them. Take a card, sit and pray together.
4. Take responsibility for tidying or cleaning one area of your church as a family.
5. Pick up litter around the church.
6. Fold the bulletins. Pick up hymn books and paper after church and leave everything tidy.
7. Invite the pastor's family to your home for an evening together.
8. Create a thank you card with your child for their Bible Class/Sabbath School teacher. Help them make a gift to give, too.
9. Children can choose to be cheerful and obedient in their Sabbath school class.
10. Let children take it in turns to stand at the church door and welcome other children.
11. Create fun family worship kits on different topics to share with the families in your church.
12. Plan a special Sabbath afternoon for families in your church and invite them to join you. Share a picnic, go for a walk, and give each family a different Bible story. Ask each family to find things on the walk that will help them to make a scene from their Bible story. After the short walk, and time to make their scenes, families can visit each other's scenes and try to guess the Bible story.
13. Offer to do the flowers at church, pay for the flowers for someone else to arrange, or donate flowers from your garden.
14. Create simple thank you notes to give to everyone in your church. Thank them for being part of your church community.
15. If there is a suitable place for a plant tub outside the church, keep it filled with seasonal flowers and look after it. Invite the children in the church to help look after the flowers.
16. Bake small cakes, wrap them up separately, and give away after church as a Sabbath treat.
17. Make welcome bags to give away to the children who visit to your church. Include copies of Bible puzzles, colouring pictures, crafts, crayons, and books, etc.

18. Offer to lead out in a church programme as a family, or coordinate a church service, to give the pastor a break.
19. Organise a birthday party for your children's classroom and ask people to bring gifts of fresh craft supplies, books and pictures to brighten up the room.
20. Organise a crèche for the babies in your church during the worship service or sermon time so that the parents can focus without distraction.
21. Organise a hosting rota so that visitors to your church can always go home with someone for a meal or have food at the church potluck.
22. Say something encouraging to every person who participates in the church programme.
23. Organise a church helpline/help club, so that anyone who needs help can let others know – it may be emergency baby-sitting, a hot meal, a lift to the hospital, etc. This can be a big help for single parents, parents working full-time, the elderly, young mothers, etc. Check that anyone who cares for children has passed a safety check.
24. When someone asks for help at church, try to support them as best you can. If the job feels too much for you, tell them what you could do, and when it would be best for you to do it. Then ask other people at church to help, too.
25. Be kind to someone at church who is from a very different culture to you. Try to do one kind thing a month for someone of a different age, ethnicity, culture etc. Send an encouraging card, make a food parcel, invite them for a meal, listen to their stories and perspectives, accept their differences, and be a channel of God's grace and love into their life.
26. As a church, choose a local charity to support and find out what you can do to help the local women's refuge, detention centre, community of adults with learning disabilities, etc. Become personally involved with their needs and do whatever it takes to bless this charity.
27. Be kind to students. When young students are going away to university invite church members to donate supplies such as healthy snacks, stationery, restaurant/café vouchers, etc. Pack a gift bag for each student. Collect their new addresses and send them notes and little gifts throughout the year.
28. Be kind to the children. Find out their names and the things that interest them. Cut out interesting science, nature, and craft articles from magazines to give to them. Hand out treats after church. Buy group packs of Bible crafts and give them to the children to take home and make after church. Make their Sabbath the highlight of the week!
29. Be kind to families. Make sure one family is not overloaded with lots of church responsibilities.
30. Choose to be a family friendly church. Keep the services running to time so that children are not overtired and hungry. One of the kindest things you can do for families is to create a church worship experience that their children look forward to each week.
31. Invite those who want to get to know other people at church to write their phone number and name on a slip of paper. Mix up the slips of paper and give one to each person who submitted their number. Ask the participants to call the person on their slip during the week, to ask about the best moment in their week, and rejoice with them, and then ask them about a difficult moment in their week, and pray for them.