



WAYS TO CONNECT WITH OTHERS DAILY

"How does God's love abide in anyone who has the world's goods and sees a brother or sister in need and yet refuses to help?"

-1 John 3:17

#SPIRITUALLIFEHACK

Through Church:

- Volunteer at Ballard Sunday Dinner (May 21)
- Volunteer on Sandwich Sunday (May 28).
- Clean out a drawer or closet. Bring what you don't need or use to one of the donation boxes at church, or to Goodwill.
- Visit or call one of Our Redeemer's homebound members. (Ask Pastor Kathy for a suggestion.)
- Offer a ride to church. (Ask Pastor Kathy for a suggestion.)
- Volunteer in Our Redeemer's nursery on a Sunday morning.
- Greet a someone you don't know at church, and introduce yourself.
- Give. Increase your giving 1 to 10% of your income (just) this month to charities, organizations and your church to help provide for those in need.

In your Neighborhood:

- Invite a neighbor or acquaintance over, or out for coffee.
- Pick up trash as you walk your dog.
- Pretend you are living two generations ago and greet everyone in your neighborhood warmly.
- Weed a flower bed in your elderly neighbor's yard.

In the Public Realm:

- Attend a civic meeting.
- Call your congressperson. Call another congressperson. (You could probably make a call a day for quite a while!)
- Devote an hour to researching an issue you care deeply about.

On Your Daily Rounds:

- Greet a homeless person and look them in the eyes.
- Offer a homeless person a cup of coffee. Or a sandwich. Or the piece of fruit in your backpack.
- Listen. REALLY listen. Be curious. Assume you don't already know what the person will say next.
- For every non-perishable item you buy for yourself or your family, add another like it to your cart for the food bank.
- Pay attention to the "regulars" on your daily route – the worn-out barista, the awkward teenager at the bus. What are some simple ways you could serve some of these folks?
- Write a note of gratitude and thanks.
- Invite a lonely person to share a meal at home or at work.
- Ask someone you know you disagree with to help you understand their perspective.

At Home:

- Is there a task your spouse or partner hates, but does regularly? Do it for them.
- Devote an hour to looking at your life and calendar to consider how you can make time (perhaps with your family?) to serve regularly.