



# NORTHSIDE CHURCH

A UNITED METHODIST CONGREGATION

Know, Grow, and Go!



## WHAT IS THE KIND30 movement?

It is our GOAL to start a KIND30 (Kindness Is Needed Daily) movement, community-wide, that inspires others to participate in one small act of kindness every day. Kindness benefits everyone! It brings joy to the giver and peace to the receiver, and if you are a person of faith, it aligns with the outward expression of inward beliefs. Imagine if all of us made the deliberate decision to participate in one daily small act of kindness, the incredible impact it would have on our community!

**How can we LIVE out our FAITH?**  
Therefore encourage one another and build each other up, just as in fact you are doing. Now we ask you, brothers and sisters, to acknowledge those who work hard among you, who care for you in the Lord and who admonish you. Hold them in the highest regard in love because of their work. Live in peace with each other.

*1 Thessalonians 5:11-13*

### Use these ideas and add your own!

- Anywhere**
- Give someone a compliment.
  - Hold a door open for someone.
  - Leave quarters on top of a vending machine.
  - Let someone know you're proud of them.
  - Make someone laugh.
  - Praise someone for something they have done well.
  - Smile at a stranger.
  - Have a conversation with someone who is experiencing homelessness.
  - When in a conversation with others, listen actively and put away your phone.
  - Thank a veteran for their service.
  - Give your seat to someone who needs it.

- At Home**
- Write a letter to an older relative.
  - Bring cut flowers from your yard and give them to someone.
  - Call someone who is elderly or dealing with health issues.
  - Send someone flowers out of the blue.
  - Offer to pet sit for a friend out of town.
  - Call an old friend that you haven't connected with recently.
  - Take in your neighbor's trash can from the street.
  - Call/text/visit someone going through a tough time.
  - Leave a treat and or note for the mail carrier, sanitation team, or delivery person.
  - Offer to collect mail for neighbors out of town.
  - Share and/or organize meals for a family in need.
  - Make treats to give away.

- For Charity**
- Buy extra nonperishable food & personal care items to drop off at a food pantry.
  - Buy protein bars or other treats and keep them in the car to hand out to those in need.
  - Donate old towels to an animal shelter.
  - Go through stuff, place it in a bag for a donation, and schedule a charity pickup.
  - Visit the nearest little library and donate a book.
  - Donate blood.
  - Participate in a local park clean up.
  - Make a donation – quick and easy donorschoose.org and via amazon wish lists.
  - Volunteer for a shift at your charity of choice.
  - Donate gently used suitcases to foster care agencies.

- Out and About**
- Help someone struggling with a cart or stroller.
  - Retrieve something from a high or low shelf for another shopper.
  - Talk to the cashier when checking out at the store.
  - Buy a snack for the cashier & baggers when you check out at the grocery store.
  - Pay for the person behind you at the drive through or coffee shop.
  - Return loose carts in the parking lot to the cart corral or store entrance.
  - Drop money in the bucket of a street performer.
  - Let someone go ahead of you in the checkout line.
  - Over tip and leave a note.
  - Help someone who is lost.

- In Traffic**
- If a driver lets you in front of them in traffic, wave and smile at them.
  - Let someone ahead of you in a heavy traffic or the carpool line.
- At Work**
- Treat a co-worker to coffee or lunch.
  - Help someone with a task that's not in your job description.
  - Send a treat to remote workers.
  - Leave a thank you note for office cleaners.
  - Clean up a mess that you didn't make.
  - Publicly recognize a co-worker for a job well done.
  - Pick up biscuits or bagels to get the day started.
  - Share with your co-workers what you love about your job.
  - Write a LinkedIn recommendation for a friend or co-worker on a job search.

**Participate in the KIND30 movement starting October 1 through October 31. Our hope is that we will form habits for a lifetime.**

**"Be kind, for everyone you meet is fighting a battle you know nothing about."-Anonymous**

Study God's word and keep track of your month of kindness!

# Calendar

October 2024



Use the QR codes below or go to [www.kind30.org/kind30-calendars](http://www.kind30.org/kind30-calendars)

Adult



Young Adult



Workplace



Senior Adult



High School



Middle School



Elementary School



Preschool



Su	Mo	Tu	We	Th	Fr	Sa
		Do to others what you want them to do to you. <b>1</b> <i>Luke 6:31</i>	Do good and expect nothing in return. <b>2</b> <i>Luke 6:35</i>	Be kind and compassionate to one another. <b>3</b> <i>Ephesians 4:32</i>	Clothe yourself with mercy, kindness, humility gentleness and patience. <b>4</b> <i>Colossians 3:12</i>	She speaks wise words and teaches others to be kind. <b>5</b> <i>Proverbs 31:26</i>
When you give to the poor, it is like lending to the Lord. <b>6</b> <i>Proverbs 19:17</i>	When we have the opportunity to help anyone, we should do it. <b>7</b> <i>Galatians 6:10</i>	We should love people not only with words, but with actions. <b>8</b> <i>1 John 3:18</i>	Love one another and be kind and humble with one another. <b>9</b> <i>1 Peter 3:8</i>	If you want to be happy, be kind. <b>10</b> <i>Proverbs 14:21</i>	Above all, keep loving one another earnestly. <b>11</b> <i>1 Peter 4:8</i>	It is more blessed to give than to receive <b>12</b> <i>Acts 20:35</i>
Rejoice with those who rejoice, weep with those who weep. <b>13</b> <i>Romans 12:15</i>	Love one another with brotherly affection, show honor. <b>14</b> <i>Romans 12:10</i>	Good will come to those who are generous and lend freely. <b>15</b> <i>Psalms 112:5</i>	Give to those who ask you. <b>16</b> <i>Luke 6:30</i>	You should wash one another's feet. Do what I have done for you <b>17</b> <i>John 13:14-15</i>	Show kindness and mercy to one another <b>18</b> <i>Zechariah 7:9</i>	Be kind and honest. Others will respect and treat you fairly. <b>19</b> <i>Proverbs 21:21</i>
You are the light of Christ to the world. Let your light shine. <b>20</b> <i>Matthew 5:14-16</i>	Do what is just, show constant love live in humble fellowship with God <b>21</b> <i>Micah 6:8</i>	You do yourself a favor when you are kind. <b>22</b> <i>Proverbs 11:17</i>	But the Spirit produces the fruit of love, joy peace, patience, kindness. <b>23</b> <i>Galatians 5:22</i>	Do not forget to do good and to help one another. <b>24</b> <i>Hebrews 13:16</i>	Share with God's people who need help. <b>25</b> <i>Romans 12:13</i>	Always show a gentle attitude toward everyone. <b>26</b> <i>Titus 3:2</i>
Make it your aim to do good to one another. <b>27</b> <i>1 Thessalonians 5:15</i>	Be kind and humble with one another. <b>28</b> <i>1 Peter 3:8</i>	Trust in the Lord and do good. Then your goodness will shine like the sun. <b>29</b> <i>Psalms 37:3, 6</i>	Love is patient Love is kind. <b>30</b> <i>1 Corinthians 13:4</i>	<b>31</b>		

Use QR code check out age-appropriate pre-filled calendars

