

OCTOBER 2021

SUN

MON

TUE

WED

THU

FRI

SAT

Let your Love Shine this October

						1 Smile at a stranger	2 Pray for a friend
3 Send flowers to a loved one	4 Call a friend	5 Make a meal for a family who is struggling	6 Do online groceries for an elderly friend or family member	7 Organise an online trivia night for your community	8 Pick up litter in your local community	9 Message a friend to let them know you're thinking of them	
10 Leave a positive review for a local business	11 Ask a colleague if they need a hand with something	12 Hold open a door for someone	13 Pay for someone's morning hot drink	14 Send a message to a mum telling her she's doing a great job	15 Be mindful not to complain	16 Donate to a charity (today's offering is for the ADRA Appeal)	
17 Take time to appreciate the sunrise or sunset	18 Walk a neighbour's dog	19 Be kind to everyone	20 Bake a dessert and share it with your neighbour	21 Invite a friend to a bible study or church	22 Send a hand-written note to an elderly person	23 Share your favourite bible verse/quote with someone	
24 Compliment a stranger	25 Lend a friend your favourite book/movie	26 Buy from a struggling small business	27 Ask a neighbour if they'd like help with their garden	28 Plant something	29 Go for a walk with a friend, in person or on the phone	30 Tell your parents/children you love them	

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Volunteer at a local community project



**YOU CAN
DONATE NOW**

adra.org.nz/shine

0800 499 911

