

First United Church **DELIBERATE ACTS of KINDNESS** MONTH -- February, 2024

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|---|---|---|
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |
| | Commit to <u>DELIBERATE ACTS of KINDNESS</u> for the month of February. Share our Acts of Kindness Calendar with others. | Sign up to make/address Valentines during Coffee Hour, Sunday, February 4. | Leave the largest tip you can afford to a kind server. | Sign up to work a shift at Community Kitchen . Contact church office for available shifts. | Order/display a yard sign re. Racial Equality, Human Rights, Social Justice, First United Church . | Make/address Valentines during Coffee Hour. Bring* an item for MCUM Pantry: Laundry Detergent, Dish Detergent, Toilet Tissue, Shampoo, Bath Soap. |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| Reduce. Reuse. Recycle. Repurpose. | Compliment and thank a veteran, teacher, bus driver, delivery person, and/or custodian for their service. | Mail a "Thinking-of-you" card or note. | Donate to MY SISTER'S CLOSET: Resalable women's clothes, jewelry, unopened make-up, resume paper, paper towels | Pick up trash/litter. Shop using only reusable bags. | Let someone go ahead of you in line. | Bring* an item for BEACON (center serving the homeless) : Socks, blankets, gloves, back packs, tarps. |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Turn off unnecessary lights. Switch out one or more household lights with LED bulbs. | Wash a load of laundry in cold water and air dry whatever you can. | VALENTINE'S DAY! Tell at least three people you are not related to that you love them. | Donate reusable household items to OPPORTUNITY HOUSE . Shop there and volunteer. | Put canned goods in a LITTLE FREE PANTRY Find locations at https://lfpbloomington.org | TODAY IS RANDOM ACTS OF KINDNESS DAY!! DO EVERY ACT OF KINDNESS YOU CAN THINK OF | Make a donation to First United's LOVE FUND . |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| Write to legislators regarding LGBTQ+ / gender-equality issues . Paper, envelopes, stamps, and addresses will be available at First United Church. | Hold open a door for someone behind you. | Offer to do a chore or run an errand for a shut-in. | Sign up to volunteer at Habitat for Humanity . They need site hosts as well as builders. | Write a handwritten note and mail it. | Call and chat with someone who lives alone or someone you haven't seen for a while. | Support the Displaced Immigrant Support Program and welcome DISP families when they visit. |
| 26 | 27 | 28 | 29 | 1 | 2 | 3 |
| Decline plastic straws. Acquire your own reusable straw. | Share or deliver a meal to someone going through a tough time. | Plan to plant a tree when weather permits. | Keep calm and "KINDNESS ON!" | | | |
| * Items brought to First United Church will be delivered to the appropriate location. Consider partnering with someone to purchase expensive items. | | | | | | |
| First United Church is encouraging congregants and members of the community at large to engage in <u>DELIBERATE</u> ACTS of KINDNESS during the month of February. This will require work, forethought, planning, and commitment. The "Acts" suggested above emphasize food insecurity/poverty, racial and sexual orientation injustices, and climate change/environmental resilience, three areas of great concern to the congregation. | | | | | | |
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| MCUM Pantry 827 W 14th St Bloomington, IN 47404 | My Sister's Closet 414 S College Ave Bloomington, IN 47403 | Community Kitchen 1515 S Rogers St Bloomington, IN 47403 | Beacon 620 S Walnut St Bloomington, IN 47401 | Opportunity House 907 W 11th St Bloomington, IN 47404 | Habitat for Humanity 213 E Kirkwood Ave Bloomington, IN 47401 | First United Church 2420 E Third St Bloomington, IN 47401 (812) 332-4439 firstuc.org |