

DOVIA Mississippi Presents Ideas for Faith Groups

- With other faith groups, create an ecumenical kindness prayer for faith leaders to use.
- Put information about Random Acts of Kindness and RAK Week in your bulletins or newsletter.
- Ask congregation members to write down acts of kindness they have given or received so they can be printed in a newsletter or read aloud during services.
Hold a teddy bear drive and give the bears to police or firefighters for traumatized children.
- Put suggestions for acts of kindness in a congregation kindness basket. As congregation members leave the building, ask them to select one of the suggestions and perform it during the week.
- Hold a kindness potluck or dance. Attendees can bring a donation of food or clothing.
- Have a special Random Acts of Kindness celebration, during which the congregation gathers and shares inspiring stories of kindness from their lives.
- Hold a Random Acts of Kindness Bingo Night, and donate the profits to a community group or family in need.
- Set up free coffee, tea, or hot chocolate for morning commuters. During warm months, offer water and lemonade.
- Organize a sing along at a senior center.
- Collect home-baked cookies or other treats to send to a faith group you don't know.
- Put up a decorated collection box for kindness stories, then create a newsletter featuring these stories. Distribute or sell the book to congregation members.
- Draw Kindness Buddy names during a service. Participants can secretly do something kind for that person during the week.
- Organize a group of congregation members to prepare a special meal or dessert for nursing home residents.
- Organize a group of congregation members to provide hugs and conversation for senior citizens who live alone. Help them shop, do paperwork, or pay bills.
- Contact another faith group you don't know and suggest a joint RAK activity or social.
- Form a Random Acts of Kindness committee to implement your congregation's suggestions for acts of kindness with funds generated by RAK socials.
- Form a volunteer committee to visit nursing homes or senior centers with recordings of songs that bring back memories, such as Mitch Miller, Benny Goodman, and Glenn Miller.
- Plant a Kindness Tree or Garden with the help of youth groups, service clubs, or other volunteers. Ask your officiant to say a few words. Participants can offer wishes for the good of humankind as they empty a shovel of soil.

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