New Initiative 2020-2022
“Kindness Counts”
Spreading kindness through Philanthropy, Fellowship and Faith in Action!
Ways to create kindness...
➢ Be kind to your community - your parish and greater community
Create a Feel-Good Sign

Make a Mask (for yourself and others)

Make a Donation...

Give Blood

www.kindness.org
➢ Be kind to yourself
www.kindness.org

Take a Break from Tech

Write a gratitude list

Take a Nap
Be kind online
Share a positive news story

Respond kindly to a negative comment online

Arrange an Online ‘Date’ with a Friend

www.kindness.org
➢ Take extra time to be extra kind
Write a Letter to Someone Who Made a Difference in Your Life

Share a Good Book

Answer That Email You've Been Putting Off

www.kindness.org
For more inspiration visit:

www.kindness.org
www.randomactsofkindness.org

or

The Kindness Diaries
with Leon Logothetis on Netflix
Put on therefore, as God’s chosen ones, holy and beloved,

a Heart of Compassion, Kindness, Lowliness, Humility, and Perseverance.

COLOSSIANS 3:12
Love and kindness are never wasted. They always make a difference. They bless the one who receives them, and they bless you, the giver.

Barbara De Angelis
Kindness is love with work boots on......
Kindness has been in full force during this pandemic.

Our chapters have...
Made masks

#PHILOCARE FRIDAY

“
My home church, Holy Trinity Cathedral, Portland, Oregon, is opening soon on a limited basis. Masks may be required to enter and we know some people, and especially our seniors may not have them.
I am making masks to be given to all that enter and do not have them. This is just one more thing I can do to help control COVID-19 and keep our parishioners safe and healthy.
”

Ann Melas, Portland, Oregon
Fed First Responders

Credit: Cosmos Philly

Aiding restaurants while feeding health care workers

Thank you for the amazing pizza lunch! We thoroughly enjoyed it! Thank you for staying home to keep us safe!
Donated to Food Pantries
Reached out to parishioners and Philoptochos members by calling to “check in”
Supporting and thanking local police and firefighters
Philoptochos will observe “Kindness Counts” during the month of November
World Kindness Day
November 13
<table>
<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Help a neighbor rake leaves or with a household chore.</td>
<td>Create a gratitude jar and fill it with things you are grateful for all months.</td>
<td>Write and send a thank you note to someone in your life that helped you through adversity.</td>
<td>Be someone's tour guide in your city.</td>
<td>Visit your parents and make them dinner.</td>
<td>FREE DAY! Think about how you can be a person of integrity.</td>
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<tr>
<td>8</td>
<td>Refrain from making assumptions or jumping to conclusions.</td>
<td>Connect with a new travel group and travel more.</td>
<td>Fill an old purse with snacks, water, small mirror, combs, hygiene products, a nice spray and leave it with a homeless woman.</td>
<td>Leave extra quarters in a zip-up bag and tape it on your building's laundry machines with a note that says 'this load is on me.'</td>
<td>Leave a note on the public restroom mirror that says 'you look amazing!'</td>
<td>WORLD KINDNESS DAY</td>
</tr>
<tr>
<td>15</td>
<td>Be accountable for everything you do or say today.</td>
<td>Purchase groceries for the person in front of you in the express line.</td>
<td>Save your hair to donate to &quot;Locks of Love.&quot;</td>
<td>Pay attention to your internal dialogue.</td>
<td>Participate in or help organize a community parade/event celebration.</td>
<td>Put aside your viewpoint and try to view things from the other person's perspective.</td>
</tr>
<tr>
<td>22</td>
<td>Knit something for someone to cherish.</td>
<td>Organize a campaign to raise money to buy and install new playground equipment for a park.</td>
<td>Spend time today journaling what you would like your life to look like two years from now.</td>
<td>Hand out free hot coffee to commuters waiting for their bus/train.</td>
<td>Ask everyone to write a note about what they appreciate about each person they meet before dinner.</td>
<td>Help others with their luggage when traveling.</td>
</tr>
<tr>
<td>29</td>
<td>Buy flowers or a new plant for your home.</td>
<td>Empty and read the gratitude jar you have created throughout the month.</td>
<td>OCTOBER</td>
<td>DECEMBER</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For even more kindness ideas, visit our website at www.randomactsofkindness.org/Kindness-ideas

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Some ideas to spread kindness:

❖ Collect Greek language newspapers and magazines for seniors and homebound parishioners

❖ Offer to drive someone to church

❖ Assist someone in learning how to use the internet to view online church services and participate in meeting platforms such as Zoom.

❖ Bake Koulourakia for senior kindness kits, and blessing bags for the homeless and veterans
Continued...

- Have the youth write kindness cards to include in the kindness kits and blessing bags

- Be kind to the environment

- Be kind to animals – donate old blankets, towels & pet food to an animal shelter
A society that ignores the mandate to care for all human beings is a society that mistreats the very creation of God.

His All Holiness Patriarch Bartholomew
Let’s spread kindness all year long!

Monthly kindness ideas will kick off in January 2021
Kindness Kits

❖ For Seniors and homebound

Ideas to include in kit:

❑ Homemade cookies
❑ Packet of Seeds to plant
❑ Hard candy
❑ Handwritten kindness card from youth
Kindness Kits

❖ Blessing bags for the homeless and veterans

Ideas to include in kit:

- Bottle of water
- Crackers with peanut butter or cereal bar
- Applesauce cup
- Small bar of soap
- Toothbrush/Toothpaste
- Socks
- Kindness card
Tree of Kindness
Tree of Kindness

Prepare a poster of a tree to be posted in an area many can see.

Prepare shapes for each month and pass out to members, parishioners and youth to record their acts of kindness and return to be hung on the tree for all to see.

Examples:

- September
- October
- November
- February
- May
- June
~ Kindness in Action ~

For her 45th Birthday, an Inspiring Woman carries out 45 Acts of Kindness

In advance of her 45th birthday on June 30, real estate agent Shannon Schultz pledged to recognize others. For the past 10 months she has accomplished one act of kindness each week—from donating blood and digging out snow-covered fire hydrants to putting quarters into gumball machines near her suburban Milwaukee home. The more she does, the more ideas she has for other small acts. “It’s really about opening your eyes and heart to helping other people,” she says. She has left quarantine kits on her neighbors’ doorsteps with cups of tea to comfort them in the cold and packs of flower seeds to plant in warmer weather. Schultz, who is blogging about her journey at kindnesscountdown.blogspot.com, is already planning to do a similar countdown for her 52nd birthday—so she can do one nice thing every week for a whole year. “That would be special,” she says.
Kindness Across America

From helping with rent to delivering food to health care workers, these everyday heroes are giving back.

COVERING THE RENT FOR THOSE IN NEED
Act-fast Foundation, Joseph Joseph, personally raised money for a New York, NY, family to help survive the coronavirus pandemic. The family was renting a home in Queens and was in the process of moving when the landlord called to say they could not pay their rent. Mr. Joseph contributed $5,000 to the family, covering one month's rent, to help ease their financial burden. The family was grateful for the support, which allowed them to remain in their home and continue paying their bills. The family expressed their appreciation to Mr. Joseph, saying that his generosity was a welcome relief during these difficult times. "It was a huge help," said the family. "We were grateful for any assistance that we could get." The family also appreciated the timely response from Mr. Joseph, who quickly worked to make the payment, ensuring that the family would not be evicted. The family thanked Mr. Joseph for his kindness and urged others to consider supporting similar initiatives to help those in need during these uncertain times.

PLEASING THE PEOPLE WITH FRESH CRISPS ON THE ROOF TOP
Allentown, PA, residents were delighted to wake up to the sight of fresh produce on their rooftops. The Produce on the Roof Project, spearheaded by local entrepreneurs, aimed to bring fresh, locally grown produce to the community. The project involved the installation of rooftop gardens, which not only provided an aesthetic boost to the city skyline but also offered fresh, healthy options to residents. The project was a collaborative effort between the city government and local businesses, who contributed funding and resources to make the project a success. The project not only added greenery to the city but also promoted sustainability and health awareness. The residents were thrilled with the new addition to their rooftops, which not only added visual appeal but also provided a source of fresh produce. The project was a testament to the power of partnerships and innovation in addressing community needs, and the residents were grateful for the new addition to their neighborhood.

CONCERNING THESE CHILDREN TO PATIENTS IN THE ICU
When the COVID-19 pandemic hit, the hospital found that it was overwhelmed with patients, making it difficult to provide the care they needed. The hospital set up a special children's unit to accommodate the growing number of children requiring treatment. The unit was equipped with all the necessary medical equipment and staffed with trained pediatricians and nurses. The hospital also provided emotional support for the children and their families, offering counseling services and support groups to help them cope with the stress of hospitalization. The hospital recognized the importance of addressing the emotional well-being of the children and their families, and they worked to provide a supportive and compassionate environment. The children and their families were grateful for the care and support they received, and they praised the hospital for its dedication to their well-being. The hospital's efforts were a testament to its commitment to providing the best possible care to all patients, regardless of their age.
A second grader pays off his school's lunch debt

BATTLE GROUND, WASH.

Last month 8-year-old Keoni Ching decided he wanted to pay down his classmates' school lunch debt as part of "Kindness Week" at his Benjamin Franklin Elementary School. Inspired by a friend, he started selling customized, beaded key chains for $5 each. "I thought he'd sell enough to give the school $20," says his mom, April Ching, 38, who posted her son's campaign to Facebook. But on Jan. 31 Keoni presented his principal with a check for $4,015—which wiped out the lunch debt at his school and paid off debts at six nearby elementary schools. Says April: "We're seriously so proud of him."

Keoni plans to continue selling key chains (keychainsforkindness.com) and donate the money to a local children's hospital.

It's nice to feel you are contributing," says Jack's mom, Amanda Mahar.

When Jack Mahar, 5, learned that UPS, FedEx and postal-service drivers are working extra hard to deliver packages during the coronavirus pandemic, he decided to thank them with a special delivery of his own. He loads his toy tractor with motorists it to the end of his driveway. His first word was "Upl," more than two dozen essentials. "It makes me feel good," says Jack.

PHILOPTOCHOS

Serving up kindness in the community

LESLIE JAMES

MEGAN RAPINOE

service essay

10th Annual Commencement Banquet @ 6:00 pm, Sat., May 15, 2021;

PHILOPTOCHOS

"An embodied life of service is a right attitude toward others and a way of life that is integrated into the fabric of our daily lives. It is the spirit of kindness that characterizes our commision, to build a world where kindness is the norm."

"This was a great opportunity to see how much kindness can happen, that it never has to be a difficult thing," says Marj.
~ Kindness in Action ~

One simple act of kindness can change a life.
~ Kindness in Action ~
It doesn’t have to cost a cent!

Hair donation for wigs to help pediatric cancer patients feel like themselves.

Before
Anna Maria Demacopoulos Horner

After
"Imagine what our real neighborhoods would be like if each of us offered, as a matter of course, just one kind word to another person."

-Mr. Rogers

Everyone you meet is fighting a battle you know nothing about. Be kind. Always.

-Robin Williams
What can you do?
Find an act of kindness
Carry out an act of kindness
Tell us about the act of kindness
Remember.....

Kindness is contagious
Post your acts of kindness on social media with the Philoptochos “Kindness Counts” hashtag
Additional #hashtags to use on your social media posts

#actsofkindness   #kindnessisfree
#everykindactmatters #choosekindness
#kindnessendures   #kindnessiscontagious
#bekind          #randomactsofkindness
Be kind. It counts!