

PHILOPTOCHOS



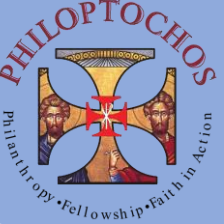
Philanthropy • Fellowship • Faith in Action



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

➤ *Be kind to yourself*



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

➤ *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

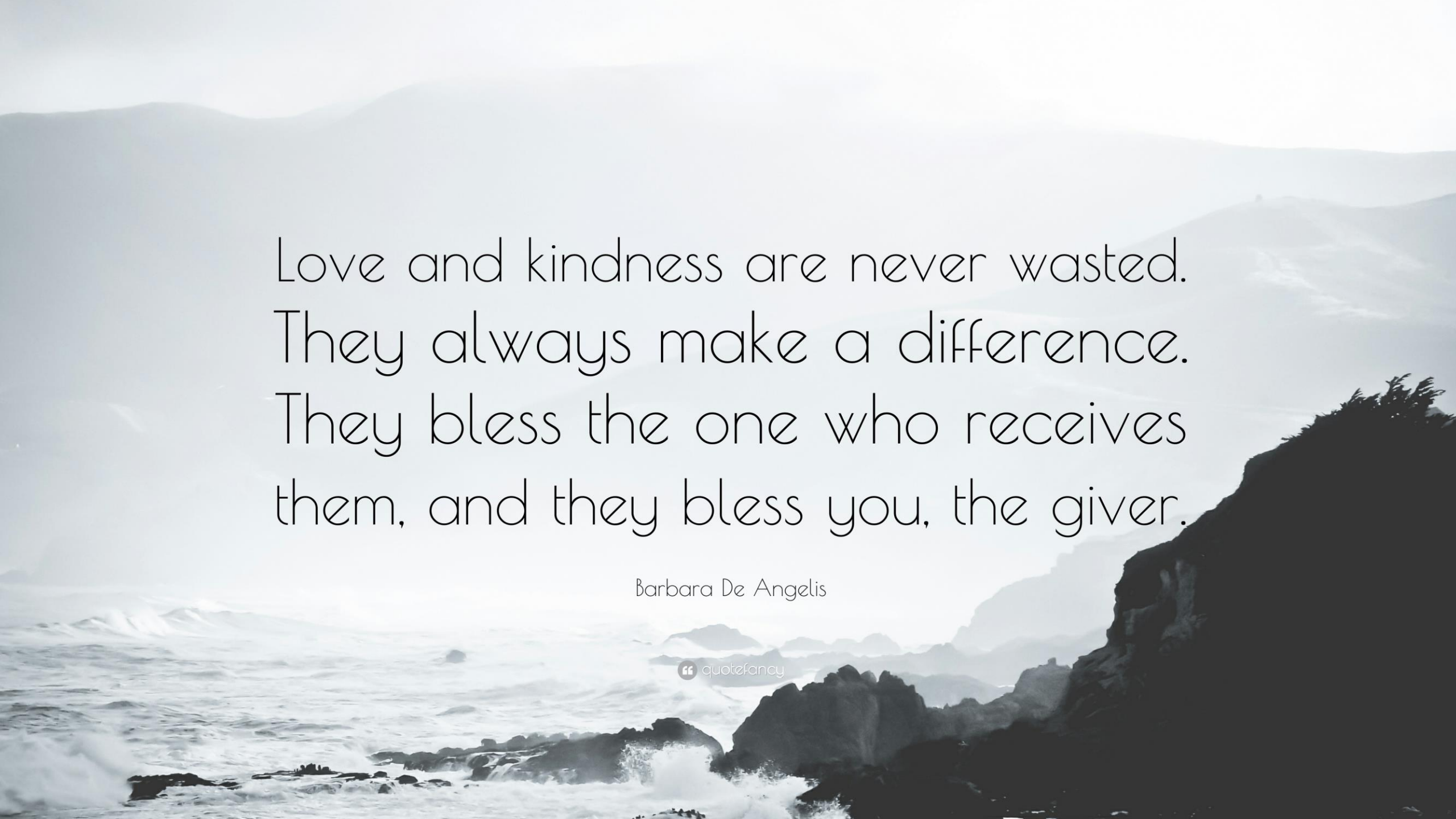
or

*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.

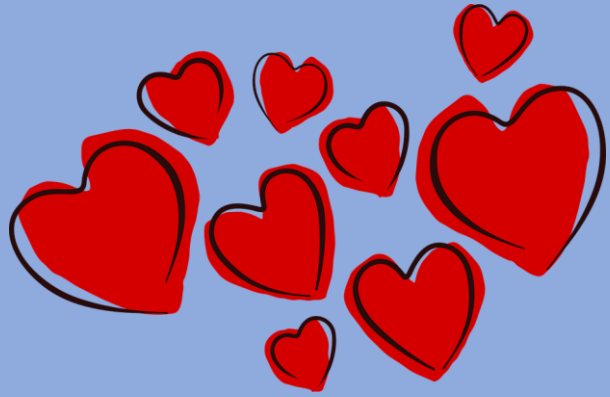
COLOSSIANS 3:12



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

“ quotefancy



*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 Mehas, Portland, Oregon



Fed First Responders



Credit: Cosmos Philly

Aiding restaurants while feeding health care workers

The DaVita In-Center Hemodialysis Unit

Thank you for the amazing pizza lunch! We thoroughly enjoyed it! Thank you for staying home to keep us safe!



The DaVita Home Unit PIC•COLLAGE

Donated to Food Pantries



**Cherry Hill
Food Pantry**

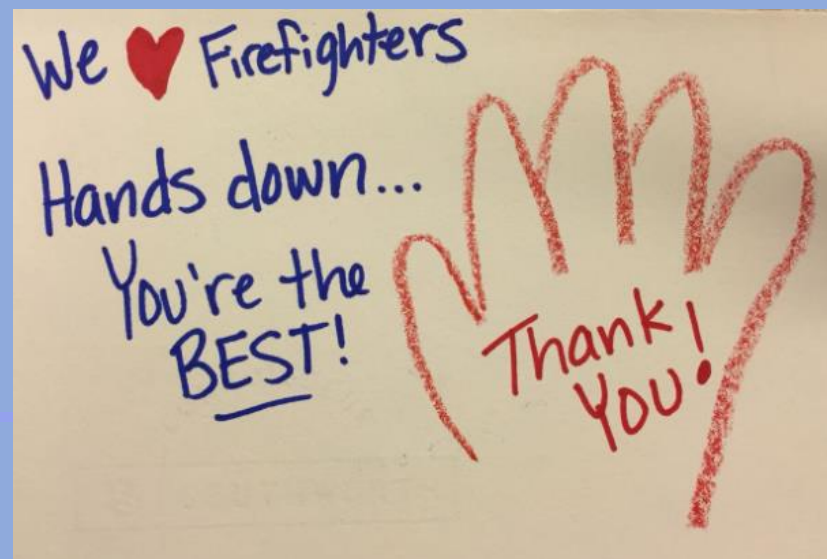




*Reached out to parishioners
and Philoptochos members
by calling to “check in”*



Supporting and thanking local police and firefighters





Philoptochos will observe

“Kindness Counts”

during the month of

November



*World Kindness
Day
November 13*

NOVEMBER 2020



**RANDOM ACTS OF KINDNESS
FOUNDATION**

www.randomactsofkindness.org



SUN	MON	TUE	WED	THU	FRI	SAT																																																																																						
1 Help a neighbor rake leaves or with a household chore.	2 Create a gratitude jar and fill it with things are you grateful for all month.	3 Write and send a thank you note to someone in your life that helped you through adversity.	4 Be someone's tour guide in your city.	5 Visit your parents and make them dinner.	6 FREE DAY! Think about how you can be a person of integrity.	7 Let go of an old grudge.																																																																																						
8 Refrain from making assumptions or jumping to conclusions.	9 Connect with a new travel group and travel more.	10 Fill an old purse with snacks, water, small mirror, combs, hygiene products, a nice spray and leave it with a homeless woman.	11 Leave extra quarters in a zipup bag and tape it on your building's laundry machines with a note that says "this load is on me."	12 Leave a note on the public restroom mirror that says "you look amazing!"	13 WORLD KINDNESS DAY Spend today spreading kindness however you can.	14 Write special things about a loved one on cut out hearts. They can read a message anytime they get lonely or need a pick-me-up.																																																																																						
15 Be accountable for everything you do or say today.	16 Purchase groceries for the person in front of you in the express line.	17 Save your hair to donate to "Locks of Love."	18 Pay attention to your internal dialogue.	19 Participate in or help organize a community parade/event celebration.	20 Put aside your viewpoint and try to view things from the other person's perspective.	21 WORLD HELLO DAY Say hello to the first three people you see today.																																																																																						
22 Knit something for someone to cherish.	23 Organize a campaign to raise money to buy and install new playground equipment for a park.	24 Spend time today journaling what you would like your life to look like two years from now.	25 Hand out free hot coffee to commuters waiting for their bus/train.	26 Ask everyone to write a note about what they appreciate about each person then read the cards aloud before dinner.	27 Help others with their luggage when traveling.	28 Take your change to a Coinstar machine and donate your collection to charity.																																																																																						
29 Buy flowers or a new plant for your home.	30 Empty and read the gratitude jar you have created throughout the month.	1	2	3	<p>OCTOBER DECEMBER</p> <table border="0"> <tr> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td> </tr> <tr> <td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td> <td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td> </tr> <tr> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> <td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td> </tr> <tr> <td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td> <td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td> </tr> <tr> <td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> <td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td> </tr> <tr> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td> <td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td> </tr> </table>		S	M	T	W	Th	F	Sa	S	M	T	W	Th	F	Sa						1	2	3				1	2	3	4	5	4	5	6	7	8	9	10	6	7	8	9	10	11	12	11	12	13	14	15	16	17	13	14	15	16	17	18	19	18	19	20	21	22	23	24	20	21	22	23	24	25	26	25	26	27	28	29	30	31	27	28	29	30	31		
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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



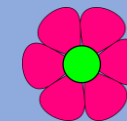
February



October



May



November



June



~ Kindness in Action ~

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



Stories to make you...
smile!

**For Her 45th Birthday,
an Inspiring
Woman Carries Out
45 Acts of Kindness**

CEDARBURG, WIS.

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.

Schultz made May Day baskets of goodies for locals. Below, from left: she brought gifts to caregivers and quarantined neighbors and put quarters in gumball machines for kids.



~ Kindness in Action ~

[THE CORONAVIRUS CRISIS] Kindness Across America



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

"It took off," Tompkins (right, with Cannova) says of Feed the Fight.



Georgetown University Medical Center staff with a delivery.

AIDING RESTAURANTS—AND HEALTH-CARE STAFF TOO
A chat with a friend who owns several struggling restaurants in Washington, D.C., inspired health-care lobbyist Elena Tompkins: "I was like, 'Everybody wants to support hospital workers, and who wouldn't love meals from these restaurants?'" With help from pal Sarah Cannova, 44, Tompkins founded Feed the Fight (feedthefight.org), which raises funds to purchase meals from restaurants to give to health-care staff—more than 10,000 meals since mid-March. "When you order lunch for 75 people, that makes the restaurant happy," says Tompkins, 49. And the health-care workers? "They think it's a warm hug," says Cannova.



"People want to do the right thing," says Joseph.

COVERING THE RENT FOR THOSE IN NEED
Author Frederick Joseph had previously raised money for a New York City food bank when he began to hear from people who couldn't pay their rent amid pandemic layoffs. He launched #RentRelief on GoFundMe, raising more than \$270,000 to help some 800 people pay their bills. "We get people sending pictures of empty refrigerators and videos of their children asking for help," says Joseph, 51. After vetting, requests are met with a \$200 payment through cash apps PayPal or Zelle. "The money goes fast," says Joseph. "For everyone we help, there are thousands we can't."



"We're all in this together," says Wayne (with Heather).

PLAYING THE PIPES TO HONOR THOSE ON THE FRONT LINES
Every evening after watching his daughter Nicole, 28, leave for her night shift as an ICU nurse, retired firefighter Wayne Irwin and his younger daughter Heather tuck their bagpipes under their arms and head out themselves. Repurposing a centuries-old tradition for the Great Highland bagpipe, which has played soldiers into battle since the late 18th century, the father-daughter duo have performed a nightly "summit Solidarity" concert on sidewalks around their Downers Grove, Ill., neighborhood since April 2. "It's a way to show our support for everyone who's trying to help in this crisis," says Heather, 24.



"To know you're not alone is important," says Tay (packing tablets).

CONNECTING LOVED ONES TO PATIENTS IN THE ICU
When ER physician Dr. Ee Tay saw that coronavirus patients at NYC Health + Hospitals/Bellevue were alone in quarantine with no way to communicate with their loved ones, she knew she had to act. "Families need some sort of closure," says Tay, 46, who began collecting new and used tablets from friends that could be used for video calls between relatives desperate to see a family member for what might be the last time. Her efforts drew the attention of Bank of New York Mellon, which donated 600 tablets to Tay. She is now planning to share the surplus of electronics with other hospitals and nursing homes throughout hardest-hit New York City, especially underserved communities. "A lot of them don't have access to Wi-Fi or a tablet," says Tay. "I am hoping the ones I've collected will be able to help."

HOW YOU CAN HELP

Donate
People has partnered with GoFundMe to raise money for the COVID-19 Relief Fund, a fundraiser to help individuals affected by the pandemic as well as organizations keeping people safe and supporting communities. Go to: gofundme.com/Covid19ReliefFund

Give Blood
The cancellation of blood drives at schools and workplaces has dramatically impacted the nation's blood supplies. Meredith Corp., the publisher of People, is working with the American Red Cross to encourage blood donation. Learn more at redcrossblood.org

~ Kindness in Action ~



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.

CLARIFIED: KEONI CHING FROM PHOTOS BY MARISSA BILANDER FOR THE PHILANTHROPY FOUNDATION. PHOTOGRAPHY BY MARISSA BILANDER FOR THE PHILANTHROPY FOUNDATION. PHOTOGRAPHY BY MARISSA BILANDER FOR THE PHILANTHROPY FOUNDATION. PHOTOGRAPHY BY MARISSA BILANDER FOR THE PHILANTHROPY FOUNDATION.



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

This Kindergartner Supplies Snacks to Hardworking Delivery Drivers

NISKAYUNA, N.Y.
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. Every morning, Jack loads his toy tractor with a basket full of treats for delivery drivers. "UPS is my first word," says Jack, "and it makes me feel good," says Jack.

Have a story that you'd like to share? Send suggestions to stories@philotochos.org



Serving up kindness in the community

SHREYAA VENKAT
Broad Run High School, Ashburn, Va.
Shreyaa Venkat, 17, has celebrated her past four birthdays the same way: handing out food and care bags at a Washington, D.C., homeless shelter. "One piece of bread can change someone's life," says Venkat, who four years ago cofounded the nonprofit NEST4US with her 14-year-old sister Esha. To date the two have amassed a team of 750 volunteers, fed 20,000 individuals and provided hundreds of others with back-to-school supplies, technology workshops and school tutoring, all in the mission of spreading kindness in their community. "We don't just feed people," she says. "We care for them. We sit down and hear their stories. It makes them feel loved."
Venkat, a third-degree black belt in taekwon do and honor student who plans to study global health care at Georgetown, admits that she's disappointed to go without a traditional graduation ceremony—especially since her grandparents were set to fly in from India to celebrate. But she's channeling those frustrations by mailing congratulatory cards to graduates across the country. "I understand that we're missing out on a lot of things," she says. "We wanted to give seniors a little lift to tell them that they're awesome."

COMMENCEMENT WISDOM

In the special, brought to life by the 302 Foundation, the Entertainment Industry Foundation and the LeBron James Foundation, these stars shared some advice.

- LEBRON JAMES**
"You made a sacrifice, and you did that to keep your community safe and healthy. On behalf of all of us, thank you....After all this, you guys are prepared for anything."
- BARACK OBAMA**
"Be alive to see another's struggles.... Leave behind all the old ways of thinking that divide us—sexism, racial prejudice, status, greed—and set the world on a different path."
- MEGAN RAPINO**
"I know firsthand the power of a movement led by you for the next generation. You are that next generation.... Build the future that you want and that you believe in, and fight like hell to do it."

~ Kindness in Action ~



~ Kindness in Action ~ It doesn't have to cost a cent!

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

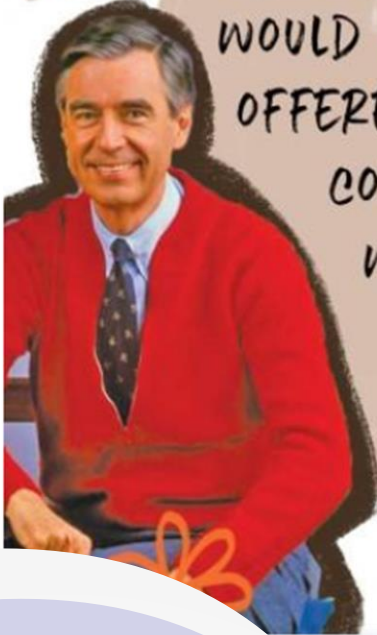


Before



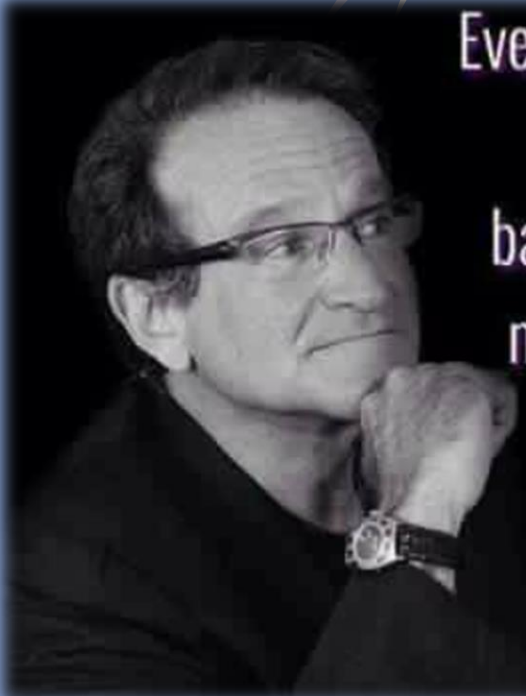



After

Anna Maria Demacopoulos Horner



"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



#philokind

*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

#kindnessiscontagious

#kindnessendures

#randomactsofkindness

#bekind



SONGS

Be kind.



it counts!