

February 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			22 Buy a stranger a cup of coffee	23 Offer Co-worker bottle of water	24 Send a postcard to a loved one in another city.	25 Volunteer (animal shelter, food pantry, etc.)
26 Offer to babysit for free	27 Pay for the customers meal behind you in line	28 Show hospitality				

Lent: Plus One (ideas to transform your community)

March 2023



FIRST
METROPOLITAN
CHURCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Text a friend you haven't spoken to in a while	2 Offer same co-worker coffee/hot chocolate	3 Share items in your closet you no longer wear/use	4 Provide your neighbor with a goody bag
5 Give someone a big ol' hug	6 Cook a meal for a single parent	7 Offer a friend a ride	8 Let someone go in front of you in the traffic	9 Offer to take same co-worker to lunch	10 Teach someone to cook a delicious recipe	11 Prayer-Walk with Prayer Ministry
12 Tell the Easter story to someone	13 Encourage a new mother on how well she's doing	14 Encourage leaders	15 Send someone you know a cute self-care package	16 Invite co-worker to church	17 Offer to assist in whatever you are needed	18 Help someone repair storm damage
19 Give a stranger a compliment and mean it	20 Leave a positive review for a local business	21 Leave positive notes in random places	22 Start mentoring a younger child	23 Leave your waiter a generous tip	24 Be open and honest	25 Pick up litter at your local park.
26 Sign up to assist at the Easter Carnival	27 Bake something nice to bring into work	28 Do a favor without asking for anything in return	29 Invite someone for Palm Sunday and Easter Services	30 Hold open the doors for people	31 Cook a dinner for the elderly	

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April 2023



FIRST
METROPOLITAN
CHURCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Drop some flowers at your friend's house
2 Pick up litter at your local park.	3 Call your grandparents to tell them you love them	4 Send a gift to a non-relative	5 Say Thank You to someone impacting you positively!	6 Offer Words of Encouragement		

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