

TOGETHER WITH ONE VOICE

Harmonizing our faith through family, parish and school.

Simple Everyday Acts of Kindness

Welcome a neighbour

“...A community needs a soul if it is to become a true home for human beings.” St. John Paul II



The first step to creating a safe community environment for you and your family is to establish a trusting relationship with your neighbors. Go out of your way to get to know your neighbors. When someone new moves into your neighborhood, welcome them with a plate of cookies or juice. There are lots of ways to be a welcoming neighbor.

Sharing a treat or just saying “hello” are small ways to build rapport and friendship. So stop by to introduce yourself and say “Hello.”

Do you have a neighbor you don't get along with? Put aside your differences and hand-deliver them a plate of fresh cookies.

Smile at Others



A sincere smile is a very kind and meaningful way to make a positive difference in someone's day. Without using words, a smile says to a person “Hi, I hope you have a great day”. People appreciate being noticed and acknowledged, especially with a friendly smile. Smiling at a stranger is a positive human interaction that seems to be infrequent as people get caught up in their daily tasks. So next time you are at the store, walking down the street, or going to work or school, acknowledge someone with a simple smile. A quick exchange can really improve a person's day.

Other ideas you can try!

- Community cleanup- work “Together as One” to keep your neighbourhood looking its best. Take pride in your surroundings.
- Tutoring program/Big Brothers/Sisters during lunch at school or after Sunday Mass in the Church hall.
- Volunteer to be part of a “welcome wagon” project in your community. Offer to organize a an outing or meeting in the church hall after a weekend mass so that members of the community can come together and get to know each other better.
- Bring together members from the parish, home and school communities to support elderly community outreach and intergenerational programs (senior homes, hospitals, churches etc). Activities could include: students reading to seniors, sing along, cooking classes, walks/strolls in the park together... etc.
- Shoeboxes for the poor- Let’s work together to support every member of our community
- Let the person who seems rushed cut in front of you.
- Sharing a meal is a traditional way of extending hospitality and fostering a sense of community. If possible, invite a new friend to sit with you during lunch today!
- Practice hospitality with the next movie or online post you watch. Set aside any tendency to criticize, any need to give a "thumbs up/thumbs down" response or to set standards for the speaker’s delivery, acting and/ or directing. Befriend the film/ post, entrusting yourself to its images. Afterwards, talk about what you have learned from this approach.
- Devote one of your meals together, or an hour after dinner, to a "Week in Review." Talk about what is happening in the world, especially politically and economically. Share news items that you think the others might not have seen. Consider the facts and also share your feelings. Decide together on one action you can take in response to the state of the world — prayers, letters to newspapers and magazines, letters to your elected representatives, petitions, contributions, etc.
- Donate your talents
- Send paper thank you notes
- Pay for the coffee, or the bus fare for the person behind you.
- Hold your tongue - Pause before speaking or writing when you are mad, agitated or doubtful. Try to notice a positive approach to share rather than focusing always on the shortcoming of a situation or person.