

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
Month of Kindness #SpreadKindnessDBQ <i>St. John's Episcopal Church, Dubuque</i>			1 Smile at people you see on the sidewalk and around town.	2 Add money to parking meters downtown.	3 Take a moment to be kind to yourself: visit a favorite place or listen to a favorite song.	4 Pick-up trash on the sidewalks in your neighborhood.
5 Write a thank you note and mail it.	6 Labor Day Make a meal for someone.	7 Listen to the people you interact with today. Listen deeply.	8 Leave an encouraging note on a windshield.	9 Put a note of encouragement in the pocket of a loved one.	10 Offer a ride to someone who doesn't have a car.	11 Thank your mail delivery person.
Sermon Series: 12 The Power of Kind Words 10am /4pm St. John's	13 Contribute a book to a Little Free Library near you.	14 Give time or school supplies to St. Mark Youth Enrichment stmarkyouthenrichment.org	15 Bring flowers to someone who needs their day brightened.	16 Plan a fun excursion with your little one-- what would they enjoy?	17 Sign-up for a 4pm-5pm Kindness Crew	18 Sign-up for a 9am-10am Kindness Crew
Sermon Series: 19 The Power of Kind Deeds 10am/4pm St. John's	20 Tell someone you love how much they mean to you.	21 Donate unused clothing items to Almost Home's Open Closet: almosthomedbq.org	22 Invite a person to lunch who is new to town.	23 Take a moment to be kind to yourself: plan a day of rest and do something you enjoy.	24 Sign-up for a 4pm-5pm Kindness Crew	25 Sign-up for a 9am-10am Kindness Crew
KINDNESS SUNDAY 26 Sermon Series: The Power of Kind Hearts 10am/4pm St. John's	27 Buy the next person in line's coffee.	28 Donate food to the Dubuque Food Pantry	29 Care for a weary parent with a meal or childcare.	30 Pray for kindness to spread through-out Dubuque.	Go to stjohnsdbq.org to sign-up to help on a Kindness Crew (neighborhood clean-up, passing out water at the market, and others).	