

JULY 2023

SUN MON TUE WED THU FRI SAT

Acts of Kindness Calendar

#SpreadKindnessDBQ stjohnsdbq.org

1
Smile at the people you see around town.

2
Pray for kindness to spread throughout Dubuque.

3
Make a meal for someone.

4
Thank someone in public or military service.

5
Leave an encouraging note on a windshield.

6
Encourage a loved one with a note.

7
Be kind to yourself: visit a favorite place

8
Pick up trash in your neighborhood.

9
Write a thank you note and mail it.

10
Contribute a book to a Little Free Library near you.

11
Work toward understanding someone you disagree with.

12
Bring flowers to someone who needs their day brightened.

13
Plan a fun day for a friend or loved one.

14
Let someone go ahead of you in line.

15
Give time, talent or treasure to a cause you believe in.

16
Donate food to the **Dubuque Food Pantry**

17
Tell someone you love how much they mean to you.

18
Add money to parking meters downtown.

19
Invite a person to lunch who is new to town.

20
Be kind to yourself: do something you enjoy.

21
Visit someone who is lonely.

22
Offer assistance to someone.

23
Make a weary parent a meal.

24
Encourage people to share their ideas.

25
Offer your seat to someone.

26
Speak kindly about people you disagree with.

27
Pray for kindness to spread throughout Dubuque.

28
Listen deeply to the person nearest you.

29
Thank someone for their good work.

30
12NOON KINDNESS SUNDAY COMMUNITY MEAL
1458 LOCUST ST.

31
Buy the next person in line's coffee.

At St. John's, doubts are okay, questions are welcome. Please come as you are.