



SIMPLE40

100 ways to serve

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| Invite your priest or pastor over for dinner | Set a timer for 10 minutes and clean out a "junk" drawer | Scoop snow for your neighbor | Complement the cashier at the grocery store | Double your next tip |
| Write a love note to your spouse | Donate food to your local food bank | Make and deliver get well cards to your local children's hospital | Offer to babysit for a single mom | Volunteer to serve at a local soup kitchen |
| Write a love note to your children | Grocery shop for someone who is unable to do so themselves | Participate in your local 40 Days for Life campaign | Prepare and deliver a meal for a family in crisis | Do an extra chore without complaining |
| Offer to drive an elderly or disabled person to Mass | Participate in a blood/plasma drive | Keep water bottles handy in your car and hand them out to the homeless | Offer to babysit for a mom of many so she can have an afternoon to herself | Participate in a fundraiser for your favorite charity |
| Donate diapers to your local pro-life clinic | Offer to serve coffee and donuts after Mass | Donate clothing to a local community closet where clothing is given away to the needy | Prepare a meal for your priest or pastor and drop it off | Help serve at your local parish Friday Fish Fry |
| Volunteer to work at your local food bank | Make and deliver get well cards to your local nursing home | Write a note of gratitude to your spouse | Volunteer at your local animal shelter | Write a letter of gratitude to a soldier serving overseas |
| Offer to help in leading Stations of the Cross at your parish | Plan your menu for the week, including all meals and stick to it | Take a walk through your neighborhood and pick up trash | Offer to read at your local elementary school | Volunteer for your local Meals on Wheels program |
| Clean out the freezer and make a meal plan based on what needs to be used up | Organize a field trip to an historical place in your town | Write a note of thanks to your mail carrier and put it in your mailbox for them | Donate books to a used book store | Shop for Easter gifts and food items before Holy Week |
| Clean out the fridge and make a meal plan based on what needs to be used up | Plan a Mom's night out with Jesus - Dinner and adoration | Meet a friend with little children at confession and watch her kids while she goes. | Check in on a friend who recently had a baby | Make your Holy Week and Easter Meal Plan before Holy Week |
| Make a meal for your priest and deliver it | Invite someone new to the Mom's night out you just planned | Participate in a Lenten book discussion | Check in on a friend who recently had a surgery | Pull couch out and pick up any stuff you find. Vacuum or mop. |



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| Choose to stand in the longest line at the store and start a conversation with the person in front of you | Clean the baseboards in your home | Volunteer to help with a community theater event | Host a Lenten prayer gathering in your home | Refrain from judgement and offer kind words or actions instead |
| Offer to clean house for a new mom | Create a care package for a college student | Double your next recipe and share it with a friend or neighbor | Driving through for coffee? Pay it forward and buy the coffee for the person in line behind you. | If you are on social media, use it to promote the sanctity of life, marriage, faith, etc |
| Write a note of encouragement to your diocesan seminarians | Call a friend that you haven't talked to in a while | Offer to teach someone a new skill | Support local small businesses by shopping and recommending | Donate unused credit card reward points to a charitable organization |
| Hold the door open for someone | Random act of kindness | Ask for help or prayers when you need them, allowing others to give back | Check in on an elderly neighbor to determine if they need help or company | On trash day, help your neighbor by taking in or out their cans |
| Contact your parish office to see what you can do to help | Share your knowledge with someone who could use it | Send a quick text or email to let a friend know you are thinking of them | Share your knowledge with someone who could use it | take time to write a positive review for a person or company you had a good experience with |
| Host a clothing swap with families that have kids similar ages | Have a coffee date with a teenager in your life. listen, encourage and support | Participate in a local park clean-up | Train and participate in a local "fun run" to support a good cause | Donate your old glasses at the vision center in any Walmart or Costco. |
| Join with other families on a Sunday for potluck and board games | Help someone load groceries into their car | Push wayward grocery carts into the corral | Train and participate in a local "fun run" to support a good cause | Call your mom |
| Leave a basket of baked goods on your neighbor's porch - just because | Donate to your local church's Lenten food drive 40 cans for 40 days | Volunteer to help clean your church before Easter | Set a timer for 20 minutes and clean out a closet | Host a book swap with a group of friends |
| Take flowers to your parish secretary as a thank you | Bring healthy treats to work to share with coworkers | Share the Gospel with a stranger | Drop a bag of essential groceries on the porch of someone you know who is struggling | Set a good Sabbath example for family and friends by not shopping or doing unnecessary work |
| Set up a virtual rosary meet up with friends and /or family | Call a sibling you haven't spoken with in a while and be a good listener | When someone asks if they can bring something, say YES, even if it is just pretzels for the kids | Donate board games and decks of cards to the homeless shelter | Drive the speed limit and demonstrate good road etiquette. |