

## MONDAY

### Show Love to Yourself

a few ideas:

- Go for a walk & breathe deeply.
- Write down 5 things you like about yourself.
- Take a moment for silence and prayer.

## TUESDAY

### Show Love to a Family Member

a few ideas:

- Text or call a family member you haven't talk to in a while.
- Finish someone else's chore.
- Make a treat for your family.

## WEDNESDAY

### Show Love to a Neighbor

a few ideas:

- Write and deliver a note to check in with them.
- Put an arrangement of flowers on their porch.
- Make a treat for your neighbor.

## THURSDAY

### Show Love to a Friend

a few ideas:

- Text, call, or Zoom with someone you haven't talk to in a while.
- Share your favorite memory of them.
- Invite a friend to go for a walk for or an outdoor visit.

## FRIDAY

### Show Love to Yourself

a few ideas:

- Support a local business.
- Deliver a treat or note of gratitude to essential workers near you.
- Donate (items or funds) to your local food pantry or clothing closet.

## SATURDAY

### Show Love to Creation

a few ideas:

- Read the Creation story in Genesis and give thanks to God.
- Discover a new park or trail.
- Create your own image of what comes to mind when you think about God.

## SUNDAY

### Show Love to the Church

a few ideas:

- Tie a ribbon with a written prayer to the Jubilee Courtyard gate.
- Attend a different worship service & experience God in a new way.
- Send in a message of hope and encouragement to share with us.

## NOTES

### Show Off your Love

Share your daily acts of love and photos with **#phpcserves** or email them to Rev. Kathy Lee-Cornell at [kleecornell@phpc.org](mailto:kleecornell@phpc.org)!

