

SevenDays®

MAKE A RIPPLE, CHANGE THE WORLD APRIL 2023

Mission: SevenDays® overcomes hate by promoting kindness and understanding through education and dialogue.

Vision: Make a Ripple to Change the World by Connecting Communities.

FAITH RESOURCES

DAY, THEME AND SUGGESTED ACTIVITIES



LOVE - Reach out to members of your faith community

Think of someone within your faith community who could use a little extra love. Send a note, email, text or even make a phone call expressing your gratitude for that person's contribution to your life.



DISCOVER - Take time to broaden your world view

Learn more about a faith that is different than yours. When you invest in researching other faiths, you learn more about your own. Two ideas for doing this: 1. Visit the website of the Greater Kansas City Interfaith Council (<https://www.kcinterfaith.org/>). 2. Read: *Religious Literacy: What Every American Needs to Know - And Doesn't*, by Stephen Prothero.



OTHERS - Give of yourself to others

A commonality among all faiths is a desire to make the world a better place. Schedule time to volunteer at a local charity. Choose a few local charities that align with your faith values, ask them to reserve volunteer spots for you today, and give those options to your members. Consider donating blood to the Community Blood Center during our focused SevenDays® blood drives.



CONNECT - Meet with a friend of a different faith

Connect over a cup of coffee, lunch, a walk or any other comfortable way to explore your faith traditions. Make sure you also actively listen as your friend shares. Discuss what they have in common.



YOU - Make a deeper connection to your faith

Take time today to learn more about your own faith. You may talk to an elder that can give you background as to how you became a part of that faith. You may research a question you have had about your faith.



GO - Go out into the world

Mother nature is wonderful. Take time to sit quietly and absorb nature. Do you hear, smell, see, feel your faith/religion around you? Appreciate the wonder that exists in nature. Also: Arrange to attend a worship service of a tradition beyond your own.



ONWARD - Find your spiritual onward

Register for our SevenDays® Kindness Walk from our website. You can also host your own Kindness Walk encouraging your faith community, including young people to walk in unity for kindness. How will you and your faith community make the world a better place through your faith?

WWW.SEVENDAYS.ORG

Explore many options to engage in Kindness through our website.

<http://SevenDays.org>

**#BeTheRipple
#GiveSevenDays**