

DAY OF LOVE

Contributed by Jamie Martin-Currie M.S. Ed.

World Kindness Day is an international holiday that was created in 1998, to promote kindness throughout the world and is observed annually on November 13. It is celebrated in many countries and presents us with the opportunity to reflect upon some of the most important and unifying human principles: love and kindness. [Read more here.](#)

We have designed the Day of Love to bring awareness to World Kindness Day and Episcopal Relief & Development's work with children. The purpose is to highlight good deeds in our homes, congregations and the community; focusing on the positive power and the common thread of love that. November 13 will be a day devoted to the positive potential of both large and small acts of love. **Please join us!**

Instructions

It's simple to create a Day of Love in your home, neighborhood or church community. To design your Day of Love, you will complete three tasks. Within each task, you will pray, act, reflect and share.

Tasks- Complete all three tasks.

- I. Check In
- II. Thank
- III. Do

Actions - Complete all four actions for each task.

- Pray
- Act
- Reflect
- Share



I. CHECK IN

Pray

A Prayer for Those Who Live Alone

Almighty God, whose Son had nowhere to lay his head: Grant that those who live alone may not be lonely in their solitude, but that, following in his steps, they may find fulfillment in loving you and their neighbors; through Jesus Christ our Lord. Amen. -Book of Common Prayer

Act

Choose one action that speaks to you:

- Call people who live alone or who you haven't spoken to in a long time. It is amazing how good it is to hear someone's voice ask, "How are you"? Then, simply listen.
- Print [this coloring page](#) or use a page from [Episcopal Relief & Development's Color Our World](#) coloring book and mail to someone who may be feeling lonely.
- Download [these tags](#), color, and drop off at a homeless shelter or soup kitchen.
- Order [this set of blank postcards](#) or create some of your own to decorate and mail to as many people you can think of, especially older adults, relatives, and friends.

Reflect

People of all ages are feeling lonely due to the pandemic. What do you do when you are feeling lonesome? Even though the prayer above was written for people that live alone, it may be helpful to pray to help remember that God is with you.

Share

Tell us how you reached out by posting a photo of your note or coloring page on social media.

Hashtag #DayOfLove or #EpiscopalRelief.

Email us your stories at info@episcopalrelief.org



II. THANK SOMEONE WHO IS ESSENTIAL TO YOU

Pray

Watch [this short video prayer](#) of children thanking the essential people in their lives from the Church of England.

Act

Choose one action to thank someone special.

- Who in your life has been essential to you? Think of family, friends and colleagues, and then do something kind for them on the Day of Love.
- Mail your godparent, children's or youth minister and/or clergy to thank them for their support on your faith journey.
- Give a special thank you note to store cashiers, delivery drivers, teachers, and/or homeschooling parents.
- Leave a thank you note on your mailbox or trash can, or deliver to your police precinct, fire station or doctor's office.

Download one of the complimentary thank you signs, page or tags from the links below. Print, decorate and share with the essential people in your life.

- [Thank You Sign](#)
- [Thank You Gift Tags](#)
- [Thank You Cards](#)

Reflect

What was the reaction of the essential person who you thanked? How did it make you feel? Does performing acts of love on one day make you consider doing them more often?

Share

Tell us about the positive reactions you received from your essential people by posting on social media. Hashtag #DayOfLove or #EpiscopalRelief.

Email us your stories at info@episcopalrelief.org



III. DO

Pray

Blessed are you, Lord, God of mercy, who through your Son gave us a marvelous example of charity and the great commandment of love for one another. Send down your blessings on these your servants, who so generously devote themselves to helping others. Grant them courage when they are afraid, wisdom when they must make quick decisions, strength when they are weary, and compassion in all their work. When the alarm sounds and they are called to aid both friend and stranger, let them faithfully serve you in their neighbor. We ask this through Christ our Lord. Amen.

Diana Macalintal, adapted.

Act

Choose one action to learn about Episcopal Relief & Development's work with children.

Research shows that the first 1,000 days are foundational affecting a child's capacity to grow, learn and thrive over his or her entire life. The first few years form the basis for future learning, good health and nutrition and overall well-being. Our partnerships therefore focus on five key areas to help communities nurture healthy children under age six:

- The Acts of Love Toolkit is full of creative ideas for children, youth and adults to show their love within their homes, community and the world. Performing acts of love and kindness lifts us up spiritually and is good for our soul. [Download the Acts of Love Toolkit here.](#)
- Set up a [Love Hunt](#) at home or in your community to learn about the nine gifts that nurture children. Every young child needs these gifts; nutrition, music, play with grownups, listening, playing with peers, bond, prayer, language and patience.
- Worship Resources are [available here](#) for when you decide to kick off or celebrate the end of your church campaign initiative. We have crafted everything you need! Morning, Midday, Evening Prayers and Compline as well as a Children's Chapel and Intergenerational Eucharist complete with original Collects, Prayers of the People all based on the campaign. We have also included song and hymn suggestions.
- Consider [making a donation to Episcopal Relief & Development](#) to support the expansion of Episcopal Relief & Development's work with children.

Reflect

What did you learn about the work of Episcopal Relief and Development that most surprised you? Did this task help you learn about other communities around the world?

Share

Let us know if you have started a campaign initiative in your parish by posting on social media. Hashtag [#DayOfLove](#) or [#EpiscopalRelief](#).

Email us your stories at info@episcopalrelief.org