

Care & Connection

OLDER ADULTS

- invite to serve in unexpected spaces
- meet one-on-one for a meal regularly
- organize a quarterly event night (*games, speakers, music*)
- stop & pause & talk more in passing

YOUTH

- recognize those milestone moments (*blessing of the car keys, for example*)
- show up for extracurriculars
- learn & remember & say their name
- ask for input & listen

NEW PARENTS

- set up a meal train
- organize a diaper drive
- gift a 'baby's first' Christmas ornament
- mail a handwritten prayer every couple weeks for first year
- welcome back to worship *when ready*

KIDS

- listen to their stories
- celebrate birthdays (*with cards or more*)
- show up for extracurriculars
- ask questions about their life
- include them

EMPTY NESTERS

- call & check-in
- ask for updates & pray for their kids
- organize a monthly Supper Club
- plan recreational reasons to connect *and be active with others*

YOUNG ADULTS

- organize a monthly group meet-up
- send care packages to college goers for midterms & finals
- catch up over coffee or milkshakes, *listening more than talking*

PARENTS

- host a parents' night out *with childcare*
- notice & send personal notes of affirmation
- text Bible verses of encouragement
- gift a "treat yourself" gift card to a local restaurant or shop

And EVERYONE can SING for SOMEONE

S - SHOW UP

- in hospitals, for milestones, at events - learn ways to just be present WITH and FOR others

I - INVITE

- to serve, to join, to a meal, to go, to sit - include others no matter their life stage, circumstance, or schedule

N - NOTICE

- new hair cuts, bright smiles, sad eyes, sitting alone, unfamiliar faces - take the time to note and connect

G - GATHER

- in groups, one-on-one, near or far - get together