



ARK is a movement designed to spark hope, joy, and generosity in our community through simple, intentional acts of kindness. For 21 days, we're challenging ourselves to step outside the ordinary and share love in practical ways.

Whether it's buying someone a coffee, writing a note of encouragement, volunteering time, or surprising a neighbour with a helping hand, every small act adds up to something big. Together, we believe these moments of kindness can create ripples of change that reflect God's heart and remind people that they are seen, valued, and loved.

Join us on this 21-day journey and let's unleash kindness on our city.

**Sunday 7th September to Saturday 27th September**

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"You are the light of the world. A town built on a hill cannot be hidden.  
Neither do people light a lamp and put it under a bowl.  
Instead they put it on its stand, and it gives light to everyone in the house.  
In the same way, let your light shine before others,  
that they may see your good deeds and glorify your Father in heaven."  
*Matthew 5:14-16*

# 21 Acts of Random Kindness

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## **Simple Everyday Kindness**

1. Compliment a stranger.
2. Leave an encouraging sticky note on a public bathroom mirror.
3. Write a thank-you note to your bus driver, postman, or someone who serves your community.
4. Make an effort to speak to and encourage someone at school or work who is sitting alone.

## **Food, Treats & Generosity**

5. Pay for the coffee or drive-through order of the person behind you.
6. Leave a big tip for a server, barista, or delivery driver.
7. Bake cookies (or bring treats) for a neighbour or local shop / cafe staff.
8. Invite someone new to join you for a meal.

## **Community Generosity**

9. Spontaneously pay for someone's shopping in the supermarket.
10. Pay the parking meter or bus/subway fare for someone in need.
11. Give away your umbrella in the rain.

12. Buy something from a local shop and gift it to someone.

### **Helping Hands for Neighbours & Friends**

13. Take your neighbour's bins in for them.
14. Offer to babysit for a friend or run errands for someone who's busy.
15. Drop off a care package for an elderly or sick neighbour.
16. Mow the neighbour's lawn, wash their car, or help with a household chore.

### **Encouraging Local Workers & Students**

17. Send a thank-you card to a teacher, nurse, or community worker.
18. Make or buy lunch for a colleague or friend.
19. Buy a gift for a new student or neighbour to help them feel welcome.

### **Serving the Wider Community**

20. Pick up litter in your neighborhood.
21. Volunteer for an evening (e.g., Glasgow City Mission) or visit someone in a care home who doesn't get visitors.



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