


# A FORCE FOR GOOD

## SEPTEMBER CHALLENGE CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15 Register to volunteer at Cass on September 21	16 Write an anonymous note of encouragement and leave it somewhere, so someone random can find it	17 Post on social media about someone you know personally who embodies kindness	18 Write yourself an encouraging note and stick it on your mirror	19 Return someone's garbage cans to their garage for them	20 Bring flowers or a plant to someone, just because!	21 Volunteer with Clarkston UMC at Cass Community Social Services
22 <b>Bring to church:</b> Paper product donations for the Food Pantry (TP, paper towels, etc.)	23 Sign up to donate blood	24 Call or text someone you haven't connected with in a while	25 Post on social media about someone in your life for whom you are grateful	26 Make a snack or baked good for someone you care about	27 When you go out to eat, tip your waiter extravagantly	28 Leave chalk messages around your community to encourage others
29 <b>Bring to church:</b> Individually packaged snacks for kids, for the Food Pantry	30 Intentionally compliment people in your life today					

On social media,  
use the hashtag  
[#AForceForGood](#)

Tag us

 @ Clarkston United Methodist Church

 clarkston\_umc

# A FORCE FOR GOOD

## OCTOBER CHALLENGE CALENDAR

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

On social media,  
use the hashtag  
[#AForceForGood](#)

Tag Clarkston UMC



01

Send a small gift or encouraging note to a teacher or civil servant

02

When you grocery shop, return stray carts to the cart corral

03

Post on social media about a non-profit you love and support

04

Sort through items you no longer use, and donate items in good condition

05

Pick up trash in a public place

**Donate:** 06

Items for the Sleeping Bag Giveaway (Sleeping bags, winter coats, etc)

07

Post an encouraging note on social media

08

Ask someone older than you to tell you a story about their life or memories

09

Go to [UMCOR.org](#) and learn about how they are making a difference

10

Pay for the person behind you in the drive through line

11

Go to your local library and borrow a book about someone who is different from you

12

Paint rocks in ways that will make someone smile, and place them in your community

13

A Force for Good team Scavenger Hunt at CUMC!

14

Write a note of encouragement to a friend or family member

15

Fill out a customer survey at a store, and give great marks to the employee who helped you

16

Pray for the people on the weekly CUMC prayer email (sign up online)

17

Find and post an inspirational story on social media

18

Carry a pad of post-it notes and write uplifting messages to put on people's cars

19

Learn about a famous peace-maker of the past, like Mother Theresa or MLK Jr.