

# BE THE CHANGE.

**SISTERHOOD HAS ALWAYS BEEN ABOUT CHAMPIONING EVERYDAY GIRLS TO BE THE CHANGE IN THEIR WORLD, WITH A FOCUS ON VULNERABLE GROUPS WITHIN SOCIETY.**

*IT'S NOT ABOUT HOW MUCH OR HOW LITTLE RESOURCE YOU HAVE. THERE ARE COUNTLESS WAYS TO BRING POSITIVE CHANGE TO YOUR WORLD. SIMPLY DOING ONE THING CAN MAKE AN IMMENSE DIFFERENCE TO ONE PERSON.*

**YOU DON'T NEED TO DO THIS ALL BY YOURSELF! MOBILIZE YOUR GIRLS, YOUR NEIGHBORHOOD, AND TOGETHER BE THE CHANGE\*.**

# HOW TO BE THE CHANGE.

- 1** Send a Greetz card to someone who needs it
- 2** Send an encouraging Bible verse or song to someone (digitally or in a card)
- 3** Provide a meal for an older neighbour or order online and get it delivered
- 4** Deliver groceries for someone who is quarantined
- 5** Make an 'encouragement banner' with your kids and show it in front of the window of an elderly home
- 6** Put a card in your neighbour's mailbox with the text 'call me if you need any help'
- 7** Share your skills online: make a fitness video and share, make a cooking video and share, make crafting for kids video and share, make a beauty video and share, etc.
- 8** Encourage your kids when they get a new toy, to give another one away
- 9** Make drawings with the kids for the neighbours or elderly to show them love

- 10** Make a party garland (slinger) with your kids with encouraging words for your neighbours
- 11** Put together a get-well-pack for someone who is sick at home or in the hospital
- 12** Give someone a movie-night-at-home-pack (movie/iTunes voucher/microwave popcorn/marshmallows)
- 13** Make a hospital-care-pack (fruit/magazines/chocolate biscuits) for someone

## **14 PRAY FOR OUR *HOSPITAL STAFF* AND SEND THEM A FRUIT BASKET.**

- 15** Pray for those that are quarantined, in the hospital, or just home alone
- 16** Write a thank-you note or make a thank-you video with your kids for the teachers who provide all the online schooling
- 17** Call your local hospital or fire station and ask if you can order takeout for the staff
- 18** Make a new-mum-pack (nice water bottle/coffee takeaway cup/sweet treats)
- 19** Put together a gardening-love-pack (pack of seeds/pot/mini watering can/gardening magazine)
- 20** Teach your child about the impact of a smile
- 21** Send a smile photo or video to someone once a week

# **22 READ A BOOK TO CHILDREN (IN SINGLE PARENT HOMES) THROUGH FACETIME OR ZOOM.**

**23** Go through your closet and select clothing to donate to your local charity or a clothing shop

**24** Say something encouraging to a worker at the grocery store or another shop

**25** Get in contact with your local foodbank, and ask what kind of help they need when it comes to volunteering

**26** Include your neighbours in local social justice activities (eg. Kilo of Kindness)

**27** Watch your favourite show with your girlfriends through Zoom, Skype, Facetime

**28** Find out all your neighbours names, if you already know them, find out something else about them

**29** Do an online exercise with your girlfriends via videocall

**30** Plan a prayer moment each week with your girlfriends via phone call or video call

**31** Ask your neighbors how they are doing and if they need prayer via phone call or video call

**32** Have a coffee or tea moment once a week with someone online

**33** Teach your child that they are blessed to be a blessing by baking cookies for the neighbours

**34** Have a miracle jar at home: every time a miracle happens that you as your family prayed for, add a piece of paper with this miracle on it to the jar

**35** Send flowers or a fruit basket to someone you know that works in a hospital, as a policeman, fireman, or in a grocery store

**36** De-clutter your house. Take old books, kitchen utilities, house decorations and give them to the local charity store or shop

**37** Offer your neighbour to clean their garden or balcony

**38** Start a neighborhood “balcony party” (everybody on their own balcony, with some nice music, snacks and drinks)

## **39 BUY A GIFTCARD TO SUPPORT *SMALL COMPANIES.***

**40** Ask people if they have prayer requests and pray for a person everyday

**41** Make a video encouragement and send it to someone you love

**42** Start an online support group for moms and kids at home

**IF YOU HAVE MORE GREAT IDEAS,  
SHARE IT WITH US VIA DM ON OUR  
HILLSONGSISTERHOODNL INSTAGRAM  
OR USE #BETHECHANGENL**

**\*DISCLAIMER: PLEASE ALWAYS FOLLOW  
UP ON THE RESTRICTIONS OF THE  
GOVERNMENT (RIVM.NL AND  
INFO-CORONAVIRUS.BE).**

