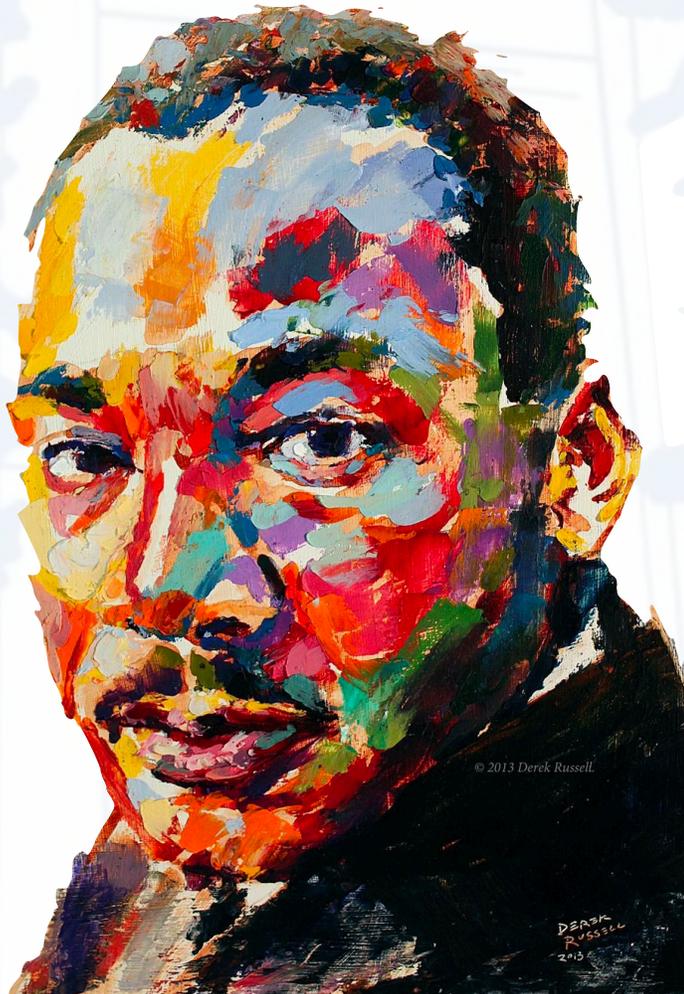


MILK DAY 2021

At-Home Service Opportunities
for Children, Youth, and Families



When Martin Luther King Jr.'s birthday became a federal holiday in 1986, organizers hoped Americans would honor the civil rights icon by spending the day volunteering. It took a few years for this to happen, but with the help of Congressman John Lewis and PA Senator Wofford, word spread and a new tradition was born. Each year at OPC, we continue this tradition by joining together to honor the life and works of MLK and perform a day of service. This year, quarantine and social distancing makes volunteering with others in the ways we're used to challenging. So I wonder... what are some ways you could honor MLK's legacy while at home?

At Home



Signs of Safety

Who do you see passing by your home? Who rings the bell or knocks on the door? Who might come inside?

Consider letting passerbys and visitors know that your home is a safe, welcoming, and affirming place by making simple signs! Post your sign, and as you do, ask everyone to say a blessing for those who pass by your home.



- I wonder . . . Who is your sign for? *One specific person? A group of people? Everyone?*
- I wonder . . . Where will you place your sign? *The windows? The doors? A lawn sign?*
- I wonder . . . How big should it be?
- I wonder . . . What message do you want to send them?
- I wonder . . . What short, simple letters or words might you add to your sign?
- I wonder . . . What symbols might help communicate your message?
- I wonder if you could light your sign up at night so it can be seen all day long?

Small Acts of Kindness for Big Helpers

Who are the big helpers around your home? When do they usually come by?

Consider wondering about small, useful, and sustainable gestures to spread the love to the people who help take care of your family.

- I wonder . . . Who are our biggest helpers around the house?
- I wonder . . . Who are our biggest helpers on the computer?



- I wonder . . . how can we help _____ feel good when they pay us a visit?
 - . . . the mail carrier
 - . . . the food delivery driver
 - . . . the Amazon Prime agent
 - . . . the electric, water, or gas utility person
 - . . . the landscaper and their crew of assistants
 - . . . the mobile dog groomer. . . are there others?

Ideas to get you started. . .



- **know** when *big helpers* show up. What time of the day, week, or month?
- **create** a set of *safety signs* (above) specific to each of your helpers, and display them in a prominent place when you are expecting their visit.
- **purchase** packs of small water bottles, nutritious and filling single-serve snack packs, and/or handwarmers, and set them outside before you are expecting *big helpers*.
- **Go the extra mile:** connect with your *big helpers* with a short, handwritten thank you note to pair with your snack.
- **send** physical, handmade notes of appreciation to teachers and other professionals who serve your family virtually.

Neighborhood and Community

Clean Up the Mess

This powerful way to help your community is frequently brought-up, but rarely acted upon. One or two people being the change they wish to see in the world can make all the difference.

- **Take a walk** around your block, neighborhood, playground, trail, or school with a small notebook and a pencil. Keep two lists: the *tidy* places and the *messy* places.
- **Come up with a plan** to clean the *messy* places, and keep the *tidy* places tidy. I wonder. . . what materials do you need? How will you stay safe? Where will you throw the mess once it has been tidied up?
- **Go the extra mile:** Come up with a plan to revisit the site(s) on regular intervals.
- **Consider inviting** 2-3 friends who are healthy, masked, and distanced to join you! After all, cleaning your community is the most fun when you involve others.



Write Letters to PA Frontline Healthcare Workers

through *Lockdown Letters* | Send a letter of appreciation to those protecting our communities during the COVID-19 pandemic. During these strange and difficult times, expressing our appreciation to local heroes who are working on the front lines to keep our families safe is more important than ever before. Sending a letter can boost morale and make these champions smile during tough days.

Head to: <https://www.lockdownletters.org/write-a-letter.html>

Volunteer at the OPC Thursday Anti Racist Vigil

and Lending Library | The Session of Overbrook Presbyterian Church has committed to holding a weekly public prayer vigil of faithful resistance and solidarity with all those who cry for racial justice. In support of our community's decision, OPC has created an antiracism and social justice lending library. Its purpose is to provide books for all members of our community—children and adults—so that we may be better educated about the impact of race and racism on every facet of American life, be inspired by the knowledge and artistry of African-American writers and philosophers, and be better equipped to take action against racist practices, systems, and structures in our society. While the library currently focuses on nonfiction works for adults and picture books for children, we plan to expand its collection in the months to come. We welcome both donations and requests.

Head to: <https://tinyurl.com/y57wfute> to sign up for the vigil every Thursday.

Head to: <https://tinyurl.com/y3yf6u85> to view the library selections.

Head to: <https://tinyurl.com/y56uzd4o> to record a story for our video library.

Prepare Breakfast for the

Norristown Hospitality Center | Children and parents can prepare a hot breakfast for NHC clients Monday through Friday. Under the current circumstances, NHC is distributing a hot meal, beverage, and piece of fruit in to-go containers. The center has seen an increase in need and could use donated meals from volunteers able to commit to once or twice per month. Your meal can be frozen or refrigerated and NHC staff will heat and serve it in individual containers. Your meal does not have to be a typical breakfast items, but should be hearty and simple.

Learn more about the work of NHC and signup for a breakfast by heading to:

<https://tinyurl.com/y5tmrnwq>



Devotions and PRAYERS

He will settle arguments between nations. They will pound their swords and their spears into rakes and shovels; they will never make war or attack one another. Isaiah 2: 4

God of Peace,

Open the eyes of those who want to dominate others through violence, oppression, hatred, and ignorance.

Help the leaders of all nations see that peace will make a better world for today's youth and tomorrow's children.

Amen.

Learn to live right. See that justice is done. Defend widows and orphans and help those in need. Isaiah 1:17

Lord, we are your voice in the world today.

Help us to speak out when we see injustice.

Give us courage to fight for the rights of others.

Watch over those who have been forgotten.

Keep those who are afraid, strong in their faith in you.

For your ways of peace and love will overcome all evil.

Amen.

Almighty God, by the hand of Moses you led your people out of slavery, and made them free at last. Grant that your Church, following the example of your prophet **Dr. Martin Luther King Jr.**, may resist oppression in the name of your love, and may secure for all your children the blessed liberty of the Gospel of Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

