Health Enews



18 Ideas for Serving Others as a Family This Christmas

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Let us remember

that the Christmas heart is a giving heart

It is so easy to get focused on all the festivities of the holidays and forget the real meaning of Christmas. Below are 18 relatively simple ways you and your family can serve others during the holiday season.

- 1. Deliver cookies to a fire station, police station, or hospital on Christmas Day.
- 2. Choose a child's name off the parish Angel Tree and pick out the gift together as a family.
- 3. Recruit several families and adopt a nursing home. Buy a simple gift for each resident (lotion, slippers, holiday throw blanket, etc.) and arrange a time to deliver the gifts.
- 4. Send a care package to military personnel overseas or donate through usowishbook.uso.org
- 5. Prepare a meal together as a family and take it to a sick or elderly friend.
- 6. Deliver baked goods to your neighbors.
- 7. Leave a Christmas card (and perhaps a little treat) in your mailbox for the mail carrier.
- 8. Go carolling at a nursing home.
- 9. Volunteer to read a Christmas book aloud to your child's class. If possible, choose a book about the *real* meaning of Christmas.
- 10. Ring a bell for the Salvation Army.
- 11. Host a Christmas dinner for the widows and widowers at your church.
- 12. Go to the grocery store together as a family and pick up a few items for your local food pantry.
- 13. Volunteer to babysit, as a family, for a couple with small children so they can go out on a date.
- 14. Take gifts to a children's ward of your local hospital.
- 15. Practice random acts of kindness by buying lunch for a stranger in line with you.
- 16. If you're a pet lover, donate pet supplies to a local pet shelter/rescue.
- 17. Visit a homeless shelter or tent city and donate blankets, sleeping bags, gloves, socks, hats, and coats.
- 18. Shop local. Look for locally owned mom-and-pop stores to shop from rather than purchasing all of your gifts from large chain stores.



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