



FOR THE
Okanagan

**A PRACTICAL GUIDE TO
LOVING YOUR NEIGHBOUR**

FOR THE Okanagan

Every city and every region becomes known for something, and ours is no different.

Biting into a Honeycrisp apple fresh off the tree. Soaking up the summer at Gyro Beach (and happily paying the sunshine tax for it). The “you have to see this place” feeling after discovering a hidden gem on the Naramata Bench. A quiet morning floating on Lake Okanagan.

It's also true that churches become known for something too. Not just by what they believe, but by how they love people, how they treat their neighbours, and how they respond when people need them most. **For 65 years, this has been the heartbeat of Trinity Church.**

We are For The Okanagan.

Not just through random acts or feel-good moments, but through a community of people who genuinely love their neighbours well by noticing others, stepping into everyday moments, and carrying hope into ordinary spaces.

From May 24–31, we are inviting our church to intentionally serve and love our region through simple, practical acts of kindness. This is not about drawing attention to ourselves. It's about making the love of God visible through ordinary people who are willing to be available.

This week is about paying attention. Slowing down enough to notice the people around us and responding to the prompting of God in everyday moments. A conversation. Pizza with friends. A breath prayer at work. Paying for someone's coffee. An invitation. A decision to forgive. **Small things matter because people matter.**

We are not just in the Okanagan.
We are For The Okanagan.

And every act of kindness, shared story, and small step forward has the potential to reflect the reality of God's love to someone who needs it. Our hope is that this becomes more than just a week on the calendar.

That kindness becomes instinctive.
That generosity becomes natural.
And that loving our neighbours becomes personal.

"All this is why we are constantly praying for you, so God will make you worthy of the great calling you have received from Him and will give you the power to accomplish every good intention and work of faith. Then the great name of our Lord Jesus will be glorified through your lives, and you will be glorified in Him according to the grace of our God and the Lord Jesus, the Anointed One, our Liberating King."

(2 Thessalonians 1:11–12 VOICE)



Scott Lanigan
Lead Pastor
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VALUES

1. START WITH PRAYER

Ask God to open your eyes to the people around you.

2. LISTEN FOR GOD'S LEADING

Pay attention to nudges, opportunities, and interruptions.

3. KEEP IT SIMPLE

Kindness does not need to be complicated to be meaningful.

4. STEP OUT IN FAITH

Do not overthink it. Courage often starts small.

5. BE GENEROUS WITH YOUR TIME

Presence can be just as powerful as provision.

6. PRACTICE GRATITUDE

Kind people are often grateful people.

7. RESPOND TO PEOPLE WITH LOVE

Lead with empathy, patience, and compassion.

8. CONNECT AUTHENTICALLY

See people, not projects.

9. SHARE YOUR STORY

Encourage others by sharing what God is doing.

10. PURSUE KINDNESS

Do not wait for opportunities. Look for them.

WAYS TO SPREAD A LITTLE JOY & KINDNESS

Kindness does not have to be big to matter. Most of the moments people remember are surprisingly ordinary: someone noticing them, including them, encouraging them, helping them, listening to them, praying for them, or simply showing up when they needed it most.

The Okanagan gives us endless opportunities for that. Coffee shops. Beaches. Trails. Schools. Soccer fields. Farmers markets. Neighbourhoods. Workplaces. Grocery store lineups. Long patio conversations. Random interactions on ordinary days.

In honour of our church's 65th anniversary, we've put together 65 simple, meaningful ways to spread a little more joy and kindness across the Okanagan, inspiring every generation to love our community in practical ways!

This list is simply a collection of ideas to spark creativity and awareness. Some ideas cost nothing. Some may cost a few dollars. None of them require you to be extraordinary, just available.

Use these ideas as a starting point, then make them your own. Adapt them for your neighbourhood, your season of life, your budget, your personality, **and wherever God has placed you.**

65 WAYS FOR
Kids

TO SPREAD A LITTLE JOY & KINDNESS

1. Draw encouraging sidewalk chalk messages in your neighbourhood
2. Bring popsicles to kids at the park
3. Help your parents carry groceries without being asked
4. Make a card for your teacher "just because"
5. Smile and say hi to people at school today
6. Collect food for the local food bank
7. Write encouraging notes and hide them in library books
8. Pick up garbage at the beach or park
9. Bring cold water bottles to a sports practice
10. Help a neighbour pull weeds or water flowers
11. Donate toys you no longer use
12. Make friendship bracelets and give them away
13. Bring cookies to your bus driver or crossing guard
14. Tell your grandparents one thing you love about them
15. Leave a thank-you note for the workers who pick up your garbage and recycling
16. Help clean your family car
17. Pray for a friend who is having a hard week
18. Read books to a younger sibling
19. Invite someone sitting alone to join your game
20. Make a "hope rock" and leave it somewhere encouraging

48. Pray for your neighbourhood while walking your dog
49. Make "You Matter" notes and tape them around school
50. Help your parents with yard work
51. Learn the name of someone you usually don't spend time with
52. Bring treats to your coach or team manager
53. Write a thank-you note to your pastor or leader
54. Give away one toy you really like
55. Tell someone when you notice they're kind
56. Pick up litter on a walking trail
57. Bring crayons or colouring books to younger kids
58. Ask your parents who needs encouragement this week
59. Let someone else choose the game or movie
60. Share your umbrella when it rains
61. Bring flowers to someone lonely
62. Offer to pray for a friend
63. Leave a positive note in a public place
64. Make someone laugh who seems sad
65. Ask God every morning: "Who can I encourage today?"



65 WAYS FOR
Youth

TO SPREAD A LITTLE JOY & KINDNESS

1. Cover someone's coffee or slurpee
2. Invite someone sitting alone to join you at lunch
3. Send encouraging voice notes instead of memes for a day
4. Pick up garbage at City Park or the Greenway
5. Volunteer in kids ministry
6. Bring snacks to a sports team or club
7. Offer free babysitting to a tired family
8. Compliment someone genuinely in front of others
9. Put your phone away and really listen to someone
10. Donate clothes you actually like
11. Help a younger student feel included
12. Bring iced coffee to your teacher or coach
13. Invite someone to youth who would not normally come
14. Help a neighbour with yard work
15. Share your faith story with a friend
16. Write encouraging notes and tape them on mirrors at school
17. Visit a seniors home and play games or music
18. Offer to help someone study
19. Surprise your parents by cleaning the house
20. Spend one full day without complaining online

21. Create care bags for people living outdoors
22. Bring freezies to a local basketball court or park
23. Offer someone a ride to youth or church
24. Learn the name of someone often overlooked
25. Donate part of your paycheque
26. Leave encouraging notes in your neighbourhood
27. Take your younger sibling out for ice cream
28. Host a backyard games night
29. Tell someone specifically why you appreciate them
30. Pray for your school before class starts
31. Bring water bottles to an outdoor event
32. Help someone move or carry boxes
33. Support a local fundraiser or charity
34. Reach out to someone who has disappeared socially
35. Offer to mow a lawn for free
36. Bring snacks to healthcare workers or first responders
37. Start conversations instead of waiting for them
38. Write your youth leader an encouraging message
39. Leave a bigger tip than expected
40. Buy local and encourage a small business owner
41. Include someone who feels awkward or shy
42. Put away shopping carts for others
43. Share hope online instead of negativity for a week
44. Fast from social media and spend time encouraging people in person
45. Make a playlist for someone having a hard time
46. Invite someone for a beach sunset hangout
47. Donate blood if eligible

48. Help your family host people in your home
49. Bring flowers to your mom "just because"
50. Serve at a community frontline agency
51. Encourage someone after they fail
52. Bring donuts to your workplace
53. Carry extra sunscreen or water to share
54. Pray for someone immediately instead of saying, "I'll pray later"
55. Buy someone's gas station snack anonymously
56. Offer to coach younger kids
57. Learn how to say thank you in another language
58. Surprise a friend having a rough week
59. Clean up after an event without being asked
60. Ask God to interrupt your plans for someone else
61. Be intentionally kind to someone difficult
62. Share your table with someone new
63. Tell your parents you appreciate them
64. Speak positively about someone behind their back
65. Spend one week looking for invisible people



65 WAYS FOR

Young Adults

TO SPREAD A LITTLE JOY & KINDNESS

1. Host a backyard BBQ and invite someone new
2. Pay for someone's coffee at a local café
3. Invite a lonely friend to the beach
4. Bring iced coffees to coworkers
5. Leave an encouraging note with your server's tip
6. Help someone move apartments
7. Offer free babysitting for young parents
8. Invite someone into your friend group
9. Buy groceries for a struggling student
10. Volunteer at a local outreach
11. Take a younger person out for lunch and encourage them
12. Start conversations with neighbours
13. Offer someone a ride to church
14. Bring flowers to a senior
15. Host a games night for people who don't know each other
16. Buy local and encourage small business staff by name
17. Leave water bottles at a park on a hot day
18. Pay for laundry at a laundromat
19. Write encouraging texts every morning for a week
20. Share your faith story honestly with someone
21. Ask your server how you can pray for them
22. Support a friend's creative work

23. Help clean up a public space
24. Offer practical help to a single parent
25. Invite coworkers for tacos or dessert
26. Be intentionally present without checking your phone
27. Bring snacks to healthcare workers
28. Leave encouraging notes on public bulletin boards
29. Offer to pray for someone immediately
30. Create welcome bags for new neighbours
31. Surprise your roommate with kindness
32. Visit someone who's been isolated
33. Take a younger sibling out intentionally
34. Donate things you actually value
35. Build friendships across generations
36. Leave gift cards hidden around town with notes
37. Help someone prepare for a job interview
38. Invite someone to Alpha, church, or your group
39. Cook a meal for someone who is overwhelmed
40. Buy beach snacks for another family
41. Support local charities financially or practically
42. Give someone your full attention for an hour
43. Bring treats to share @ Gyro Beach (or any park)
44. Speak hope into someone who may be discouraged
45. Learn the names of service workers you see often
46. Cover someone's parking meter
47. Invite someone into your ordinary routines
48. Pray while walking through your neighbourhood
49. Surprise your parents with encouragement
50. Leave your phone behind for an evening with friends

51. Help someone clean their home or yard
52. Be generous anonymously
53. Include someone socially awkward
54. Create a "you matter" care basket
55. Sit with someone grieving
56. Bring flowers to your workplace
57. Offer mentorship to someone younger
58. Share a meal with someone different from you
59. Encourage a local teacher or coach
60. Start a ripple of kindness at work
61. Speak well of people consistently
62. Send voice notes instead of quick reactions
63. Spend less. Give more.
64. Let kindness inconvenience you
65. Ask God daily: "Who needs to know they matter today?"



65 WAYS FOR
Adults

TO SPREAD A LITTLE JOY & KINDNESS

1. Pay for someone's coffee at a local café
2. Bring cold drinks to construction crews or landscapers
3. Invite neighbours over for dessert on the patio
4. Cover someone's groceries quietly
5. Leave a generous tip with an encouraging note
6. Offer childcare for a tired young family
7. Bring flowers home "just because"
8. Support a local small business intentionally
9. Write a thank-you email to a teacher, coach, or healthcare worker
10. Take a meal to someone going through illness or grief
11. Offer to help someone move
12. Spend a day serving instead of consuming
13. Invite someone new into your circle
14. Donate blood
15. Leave gift cards around town with handwritten notes
16. Bring baking to your workplace
17. Pray for your neighbours by name
18. Introduce yourself to someone you always see but never talk to
19. Offer practical help to a single parent
20. Buy groceries for a struggling student or family
21. Surprise your spouse with a thoughtful date night

22. Encourage someone publicly and sincerely
23. Call someone who may be lonely
24. Take a younger person out for coffee and encouragement
25. Volunteer with a local outreach or non-profit
26. Help clean up a local beach, park, or trail
27. Pay for someone's parking
28. Create "summer encouragement bags" for teachers or coaches
29. Leave positive online reviews for local businesses
30. Be intentionally patient with difficult people
31. Fast from complaining for a week
32. Invite someone to church, Alpha, or your group
33. Give away something you genuinely value
34. Offer your professional skills to help someone for free
35. Bring snacks to healthcare workers or first responders
36. Reach out to someone who has drifted away relationally
37. Spend time with someone grieving instead of trying to fix them
38. Give a bigger tip than feels comfortable
39. Write three handwritten encouragement cards
40. Host a backyard BBQ for neighbours
41. Mentor someone younger than you
42. Pray for your workplace before starting your day
43. Treat a group to ice cream at Parlour
44. Offer a ride to someone who needs transportation

45. Help a senior with yard work or errands
46. Take your kids or grandkids to serve with you
47. Turn your phone off during conversations
48. Encourage your spouse in front of others
49. Support foster families or adoption ministries
50. Bring flowers to a care home
51. Pay for someone behind you in a drive-thru
52. Speak life about people behind their back
53. Ask someone, "How are you really doing?"
54. Leave water bottles downtown on a hot day
55. Start a generosity fund jar in your home
56. Visit someone in the hospital or care home
57. Share your faith story naturally and honestly
58. Choose presence over productivity for one full day
59. Bring encouragement to someone in a thankless role
60. Invite someone over who normally would not get invited
61. Choose forgiveness instead of keeping score
62. Buy local produce and bless someone with it
63. Offer to pray for someone immediately
64. Let someone merge in traffic without acting personally offended
65. Ask God each morning, "Who can I serve today?"



65 WAYS FOR

Families

TO SPREAD A LITTLE JOY & KINDNESS

1. Host a backyard movie night for neighbours
2. Deliver homemade cookies together
3. Pick up garbage at the beach as a family
4. Put on a dance party for kids at the park
5. Pay for another family's ice cream
6. Create care packages together
7. Pray for your street during an evening walk
8. Invite another family over for pancakes
9. Deliver flowers to a senior together
10. Write encouragement cards as a family
11. Help a neighbour with spring cleanup
12. Have your kids choose toys to donate
13. Bake muffins and surprise someone with them
14. Leave thank-you notes for community workers
15. Bring cold drinks to people working outside
16. Offer childcare for another family
17. Invite someone new to join your family outing
18. Bring snacks to your kids' sports team
19. Create blessing bags to keep in your vehicle
20. Cover someone's coffee or lunch together
21. Make sidewalk chalk art with hopeful messages
22. Deliver treats to a fire hall or police station
23. Invite grandparents or seniors to dinner
24. Start a nightly gratitude conversation at supper

51. Build encouragement baskets together
52. Surprise a lonely neighbour with baking
53. Spend time with someone who's grieving
54. Create a "kindness jar" and pick one idea daily
55. Bring board games to a community space
56. Support local charities together
57. Teach your kids to ask: "Who can we help today?"
58. Make your home a welcoming place
59. Bring extra sunscreen or water to share at the beach
60. Help someone pack or unpack during a move
61. Pray together before school or work
62. Celebrate kindness more than achievement
63. Invite someone far from God into your everyday life
64. Share stories of God's kindness with your kids
65. Become known as the family that notices people



65 WAYS FOR

Seniors


TO SPREAD A LITTLE JOY & KINDNESS

1. Pray intentionally for younger generations
2. Call someone who may be lonely
3. Write encouragement cards to students or young families
4. Share a life lesson with someone younger
5. Bake cookies for neighbours
6. Attend a grandchild's or neighbour's child's event
7. Invite someone over for coffee and conversation
8. Pray for your church staff and leaders
9. Encourage a young parent who looks overwhelmed
10. Offer wisdom without needing recognition
11. Share your faith story with someone younger
12. Visit someone in a care home
13. Deliver flowers to someone going through a hard season
14. Knit, crochet, or create something meaningful to give away
15. Send handwritten letters instead of texts
16. Become a porch encourager in your neighbourhood
17. Bring baking to healthcare workers
18. Welcome someone new to the neighbourhood
19. Offer to pray with someone immediately
20. Encourage young couples in their marriage

21. Invite someone who lives alone for dinner
22. Offer practical help to someone recovering from illness
23. Start conversations wherever you go
24. Share your garden produce with neighbours
25. Leave bigger tips than expected
26. Volunteer at a local outreach
27. Call your grandchildren or family regularly
28. Encourage younger leaders publicly
29. Spend time listening instead of rushing
30. Bring treats to community workers
31. Pray while walking your neighbourhood
32. Help someone feel remembered on their birthday
33. Send cards to people grieving
34. Support local charities financially or practically
35. Ask younger people meaningful questions
36. Offer transportation to someone who needs it
37. Sit with someone who's hurting
38. Share stories of God's faithfulness
39. Mentor a younger person intentionally
40. Offer encouragement instead of criticism online
41. Attend community events to support others
42. Help someone feel seen and valued
43. Offer hospitality even if it's simple
44. Tell people what you appreciate about them
45. Bring flowers to a neighbour
46. Make your home a peaceful place for others
47. Encourage children by name at church

48. Pray for schools and teachers
49. Visit local markets and intentionally encourage vendors
50. Spend less time watching news and more time loving people
51. Invite someone to church or Alpha
52. Write down your faith story for future generations
53. Choose patience in every interaction
54. Encourage people working thankless jobs
55. Help younger families feel supported
56. Offer to babysit grandchildren or neighbours
57. Smile and greet people everywhere you go
58. Speak hope instead of fear
59. Ask God who needs encouragement today
60. Share books, recipes, or traditions with others
61. Send encouraging Scripture verses to friends
62. Give generously and quietly
63. Be interruptible
64. Remind younger generations they are not alone
65. Leave a legacy of kindness, faith, and presence





CELEBRATING
65 YEARS *of*
TRINITY CHURCH