



# MERCY MOMENTS

## August 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Start a donation piggy bank-collect spare change and at the end of each month donate your collection to a cause	2 Take time for self-care today-treat yourself. We are at our best to help others when we are taking good care of ourselves	3 Be mindful in your daily interactions that you are always respectful of the dignity of all people	4 Perform a random act of kindness today	5 Pray for an end to oppression, violence, terrorism and war	6 Summer Saturdays-Spend time with family or friends. Be present in the moment
7 Purple Heart Day-Pray for all those wounded or killed while engaged in service	8 Be aware of any prejudices you have. Challenge yourself to think differently	9 Pick up school supplies while you are shopping and donate them to a local drive preparing kids to go back-to-school	10 Take time to consider the good qualities of someone with whom you have a difficult relationship	11 Perform a random act of kindness today	12 Recycle, conserve energy & water, car pool, use reusable shopping bags or find other ways to be a friend to the environment	13 Summer Saturdays-Spend time with family or friends. Be present in the moment
14 Visit a cemetery and pray for the dead	15 Assumption of Mary-Pray the rosary today	16 Keep an extra umbrella handy and offer it to someone caught out on a rainy day	17 Buy a pack of thank you or thinking of you cards and send them to people you appreciate	18 Perform a random act of kindness today	19 Just smile and say hello. Simple actions can make a big difference	20 Summer Saturdays-Spend time with family or friends. Be present in the moment
21 Senior Citizens Day-Set aside time to spend with a senior citizen in your life. Allow them to share their stories and see what you can learn	22 Offer to make and share a meal with someone who is ill, a caregiver, or someone who is grieving	23 The Good Neighbor Program is gearing up for Back-to-School and needs your help! See reverse for details	24 "...Demonstrate your faith to me without works, and I will demonstrate my faith to you from my works." (James 2: 18) How do you demonstrate your faith through works?	25 Perform a random act of kindness today	26 Women's Equality Day-Visit elections.ny.gov or call 1-800-FOR-VOTE and make sure you register to vote	27 Summer Saturdays-Spend time with family or friends. Be present in the moment
28 Enjoy a picnic at a local park. Invite someone to join you who may enjoy some fresh air, food, and company	29 Practice your listening skills today	30 "Be angry but do not sin; do not let the sun set on your anger" (Ephesians 4:26) Forgive and move forward	31 "Jesus said, Love every one out of love for me, even your greatest enemies, so that My mercy may be fully reflected in your heart" (St. Maria Faustina Kowalska, 1695)			