

THE 2018 CARE WELL CHALLENGE

JULY



SUMMERTIME CAREGIVING IDEAS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Pray three times today for someone who is hurting.	2	3 Treat a youngster to the thrill of sparklers.	4 Independence Day	5	6 Bake cookies and leave them on someone's porch with the note "Just because..."	7
8	9 Take a lonely person out for an ice cream cone.	10	11 Mow the grass or sweep the sidewalk for an elderly person.	12	13 Help a child plant some flowers.	14
15 Create summer care kits for the homeless with items like sunscreen, lip balm, bug spray and hats.	16	17	18 Invite an elderly friend to join you outdoors for fishing, kite flying or a leisurely stroll.	19	20	21 Deliver lemonade and cookies to a person who is suffering.
22	23 Say a prayer for those who oversee summertime fun: babysitters, life guards, umpires, and tour guides.	24	25	26 Organize a picnic for someone who's having a rough time.	27 Sit on a bench in the shade with someone and ask them about their day.	28
29	30	31				

By this all people will know that you are my disciples, if you have love for one another.
John 13:35

HUGS
were invented to let people know you love them without having to say anything.

Visit WISDOMoftheWOUNDED.com/care-well-challenge for calendar updates and downloads.