

# Unite at Your House Mission Activities

## **Words of Encouragement**

A great way to serve is by offering words of encouragement to people in the community or even outside the country. From the list below, take a moment to pray for the recipient as you write cards to encourage them.

- Nursing Home residents
- Front office staff at schools
- EMT's
- Cards to missionaries in Dominican Republic

## **Prayer walk/drive around neighborhood or school**

Take time to pray for your community by going for a walk and praying for the families in each home you pass. You can also choose a school to go to and pray for as you drive or walk around it.

## **Organize outside game for neighborhood kids**

A fun way to serve others is by organizing a game for kids in the neighborhood. Kickball, basketball, a game of tag or racing are great ways to interact with kids nearby.

## **Trash pick-up in the community**

Grab gloves and plastic bags and walk around neighborhood or local park and serve by picking up trash.

## **Create Blessing Bags to keep in car**

Grab Ziploc bags and put soap, toothbrush, toothpaste, washcloth, hand sanitizer, granola bar, bottled water etc. inside to help serve those who are homeless in our community. Keep the bags in your car so that you can hand one to someone on the road who needs assistance.

## **Create bags for Homeless Kids in Rutherford County**

New Vision Students serves by taking food bags to schools so that children without a permanent home will have food over the weekend. You can sponsor one week at

one school by preparing 10 bags of food that include breakfast, lunch, dinner, snack for 2 days.

### **Breakfast Options**

Oatmeal  
Cereal Bowls (single serving)  
Grits  
Granola Bars  
Fruit and Grain bars

### **Lunch/Dinner Options**

\*\* Canned Meat  
\*\* Ravioli type products  
Mac and cheese (Add Water)  
Dried mashed potatoes (Add Water)  
Rice - ready to serve packets  
Ramen noodles  
**\*\*\*must have pop top- requiring no can opener**

### **Snack options**

Canned fruit  
Baked crackers  
Dried fruit  
\*\*Crackers with cheese  
100% juice snacks  
Pudding (2% milk)  
**\*\*\*Non peanut butter \*\*\***

**\*\*\*All bags created and cards written can be dropped off at New Vision in the front office Monday – Thursday 8:30 – 4:00. Bags can also be dropped off in the Chapel on Sundays during service times.\*\*\***