

56. Ask your youth group to do an **enditnow** march.
57. **Hold the elevator.**
58. Share clothing with the needy.
59. Donate your old laptop or other electronics.
60. Donate a used car.
61. Volunteer for a "Health Expo."
62. Offer to return a shopping cart.
63. Send a card to a shut-in.
64. Preach an evangelistic series.
65. Call a church member who wasn't at church.
66. **Talk to someone at work that you've never spoken to before.**
67. Develop the habit of praising people.
68. Give someone a book you think he/she would like.
69. Hand a tissue to someone who is crying.
70. Offer help to someone carrying a heavy load.
71. Pass out GLOW tracts.
72. **If someone lives alone, offer a ride home when he/she is discharged from the hospital.**
73. If you're tempted to make a not-so-nice comment, think instead of something encouraging to say.
74. Show appreciation to the person who has done something nice for you.
75. **Do some gardening or weeding for an elderly person.**
76. Hold a cooking school.
77. Volunteer for a Pathway to Health Project.
78. Do the "28 Literature Project" – Week one, give away one book. Week two, give away two books. Week three, give away 3 books. Continue until you have given away 28 books.
79. Write someone a letter and actually mail it.
80. Assist a disabled person.
81. Host a youth night at your home.
82. **Invite someone to accept Jesus.**

83. Take food for someone who has just lost a loved one.
84. Visit people in hospital to encourage them or to help them in some way.
85. Read to an elderly person.
86. Visit a children's home and offer your help to the staff.
87. **Help someone in the store or library who is struggling to reach a higher shelf.**
88. Start a sewing/knitting/crocheting group to make clothes for those in need.
89. Read the Bible for someone who can't see or read.
90. **Write a letter or card of encouragement for a soldier away from home.**
91. Have a spa day at your home or church for women in the community.
92. Volunteer at a shelter for abused persons.
93. **Donate books and toys to a children's home or shelter.**
94. Offer car rides for those who need to go to church, to the supermarket, or to a doctor's appointment.
95. Take flowers to a nursing home or shelter.
96. Take children from your church to visit a home for elderly people and present a program.
97. **Start a clothes closet at your church to give to those in need.**
98. Have a fun day for special needs kids and their families.
99. Organize a community clean-up day.
100. Keep adding because there's no limit – send your ideas to costan@gc.adventist.org.



**TOTAL
MEMBER
INVOLVEMENT**



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The General Conference is launching a new, bold initiative called Total Member Involvement (TMI) encouraging every church member to be involved in God's last-day message—from speaking the Word to living the Word. Everyone can be a soul-winner and that's what TMI is all about. Hebrews 13:16 says, "Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God."

Thousands of people are actively involved in Total Member Involvement. Following are some suggestions of how you and I can become involved and reach out to others, forming connections and establishing relationships, so that when the opportunity presents itself, we can share God's Word with them.

100 SUGGESTIONS OF HOW YOU CAN BE INVOLVED

1. Cook a meal for a someone who has been ill.
2. Help your neighbor wash his/her car.
3. Invite your neighbor/co-worker to a social gathering.
4. **Welcome newcomers into the neighborhood.**
5. Compliment a clerk for a job well done.
6. Instead of gossiping about someone, say something nice.
7. **Write a card or text to someone who is going through a discouraging time.**
8. Give some food to a homeless person.
9. Thank a janitor for good cleanup work.
10. Donate clothing that you would want donated to you.
11. Do laundry for a someone who has just had a baby.
12. **Assist a blind person.**
13. When traveling, offer to help someone struggling with luggage.
14. Open a door for someone.
15. Visit a shut-in church member.
16. Offer to mow the lawn for an elderly person.
17. **Offer to give a neighbor without a car a ride to do their shopping.**
18. Bake some bread and share a loaf with your neighbor/co-worker.
19. Call to see how a neighbor is doing.
20. **Email or write someone who has made a difference in your life.**
21. If you see a parking meter has expired, surprise the driver by adding a couple of coins for a little more time.
22. Let a driver who is signaling move into your lane.
23. Smile at people. You may be just the encouragement they need.
24. Don't miss the opportunity to visit with someone is sitting alone at church or social gathering. Go over and say hello.
25. Help your neighbor rake leaves or help shovel snow.
26. Remember the birthday of a neighbor/co-worker.
27. **Offer your seat on a bus to an elderly or handicapped person, or to a parent with a small child.**
28. Offer to watch your neighbor's house when he/she is away.
29. Give some extra quarters to someone in need at the laundromat.
30. Offer to babysit for parents who need a date night.
31. Help a mother with her baby stroller.
32. Become a big brother or big sister.
33. If someone behind you has just a few items, let that person go ahead of you to check out.
34. If you're in a group, try to include everyone in the conversation.
35. Bring a souvenir from a trip for your neighbor.
36. Bring a healthy snack for your co-worker.
37. Compliment parents whose children are well behaved.
38. Offer to stay with an ill or handicapped person while a family member runs errands.
39. **Keep a good relationship with your homeowner's association (HOA) by keeping up the yard and painting of your house.**
40. Introduce yourself to a new neighbor by taking something to eat. Homemade is always appreciated.
41. Offer to take your co-worker or neighbor to the airport.
42. Participate in neighborhood projects.
43. Buy some extra groceries and donate them to a needy family.
44. When you see a piece of trash, pick it up.
45. **Send someone flowers just because you want to say, "You're Special."**
46. Donate your old eyeglasses.
47. Give a Bible study.
48. Donate your blood.
49. While doing something nice for others, also remember to thank your parents for all they've done.
50. Call your brother/sister.
51. **Help your neighbor/co-worker with a stalled car.**
52. Visit people in nursing homes.
53. Encourage a person who has lost a loved one.
54. Remember to tip.
55. Give some "food" money to a student.