

Growth Ideas 101: Blessing of Blessing

Take a few minutes this week to intentionally bless someone—through a text, a prayer, or a simple act of kindness. Small seeds of encouragement often grow into deep community roots.

It's volunteer week. Thank someone with a gesture of thanks and kind invitation. Think of one person to thank right now. Invite them to coffee, a service, or a community event. Growth begins with one open door and one courageous invitation.

It's earth week. Take a few minutes to notice your neighbourhood and offer a gesture of care. Greet everyone you pass while walking through your neighbourhood. Offer apposite comment, maybe about the care of their yard, evidence of garden, or comment to make them smile.

Choose one street, one home, or one person to pray for this week. Quiet, consistent prayer expands the heart and strengthens the community in unseen but powerful ways.

Thank you for all you do in the people you engage with, the relationships you deepen and the connections you create. The generosity of your time, efforts and prayerful commitment blesses everyone.

- V Valuable — Every person brings something meaningful to the community.
 - O Open hearted — Growth begins with a spirit willing to welcome others.
 - L Listening — Paying attention to one another strengthens trust and belonging.
 - U Uplifting — Speak words that build up; encouragement is contagious.
 - N Nurturing — Care for others in small, steady ways that help faith take root.
 - T Trustworthy — Show up with integrity; reliability grows community confidence.
 - E Engaged — Participate fully in the life of the community, even in simple ways.
 - E Empowering — Help others discover their gifts and step into them with joy.
 - R Responsive — Notice needs and respond with compassion and creativity.
- S Spirit led — Let prayer and discernment guide your steps as you serve

Please contact me, Sharon Ballantyne, growth animator, at 506-306-0500 or by email at sballantyne@united-church.ca You are also invited to a virtual 30-minute drop-in conversation each Wednesday morning, beginning at 9:45 a.m. Atlantic (10:15 a.m. Newfoundland and Labrador). Contact Sharon for the Zoom link.