

Growth Ideas 101: Say “I’m glad you are here.”

Tell people: “I’m glad you are here”. Your presence matters more than you know. Open the door to connection and belonging. Ask a name. Share your own. Offer a smile. These small gestures are the seeds of deeper relationships. Growth begins with connection. Every person matters! Notice People and engage! Look for the person standing by themselves. Look for the newcomer. Look for the familiar face you haven’t talked to lately, who might be carrying something heavy. A single conversation can change someone’s week—and sometimes their life. Build Community on Purpose. Growth happens when we move beyond polite greetings into genuine care. Invite someone to join you for coffee. Sit with someone new. Share stories. Celebrate joys. Walk with each other. Community grows because we choose to nurture it. Create spaces where people feel seen, welcomed, and valued. Thank you for being part of that work. Thank you for showing up. Thank you for helping your community grow!

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.