

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 your neighbors and ask how they're doing.
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 they'd like.
69. If someone is crying, give them a tissue.
70. Help someone carry their heavy grocery bags.
71. Pass out GLOW tracts.
72. **If someone lives alone, offer to take them to the doctor or pick them up at the hospital.**
73. If you're tempted to make a "not so nice" comment, bite your tongue and say something nice.
74. Show appreciation to the person that has done something nice for you.
75. **Invite someone to accept Jesus.**
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. Ask your youth group to do an "enditnow" march.
80. Help a disabled person.
81. **If a person is having a hard time reaching a higher shelf in the grocery store, help them.**
82. **Do some gardening for an elderly person or couple.**
83. Take some food for someone who has lost a loved one.

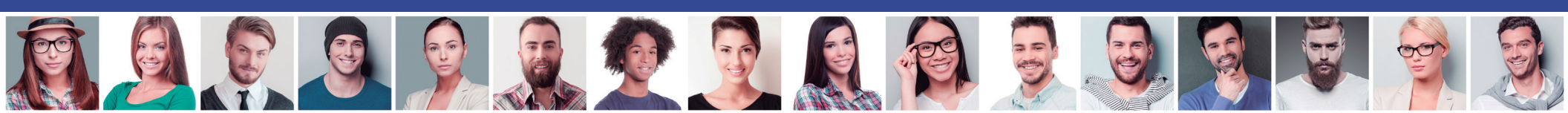
84. Visit persons in hospital to encourage them or help them in some way.
85. Read to an elderly person.
86. Visit a children's home and offer your help to the staff.
87. **Write a letter or card of encouragement for a soldier away from home.**
88. Start a sewing/knitting/crocheting group to make clothes for those in need.
89. Read the Bible for someone who can't see or read.
90. Host a youth night at your 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 some books to a children's home or shelter.**
94. Offer car rides for those who need to come to church, or go to the supermarket, or a doctor's visit.
95. Take flowers for a nursing home or shelter.
96. Visit a home for elderly people with children from your church and present a program for them.
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. Have 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 neighbor/co-worker who has been sick.
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. **When someone is going through a discouraging time, write them a card or text them.**
8. Give some food to a homeless person.
9. Thank a janitor for the work they do.
10. Donate clothing that you would want donated to you.
11. Do laundry for a friend/co-worker who has just had a baby.
12. **Assist a blind person.**
13. When traveling, if someone is struggling with their luggage, offer to help them.
14. Open a door for someone.
15. Visit an elderly person.
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.
19. Help a person carry their groceries.
20. **Email or write someone who has made a difference in your life.**
21. If a meter has expired, put some money in the meter.
22. Let someone signaling move into your lane.
23. Smile at people. You may be just the encouragement they need.
24. If someone is sitting alone at church or a social gathering, be sure and visit with them.
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 they're away.
29. **Help your neighbor/co-worker with their stalled car.**
30. Help with neighborhood projects.
31. Help a mother with her baby stroller.
32. Become a big brother or big sister.
33. Let the person behind you check out ahead of you if they have just a few items.
34. If you're in a group, try to make everyone part of the conversation.
35. Bring a souvenir from a trip for your neighbor.
36. Bring a healthy snack for your co-workers.
37. Compliment parents whose children are well behaved.
38. Offer to stay with a sick or handicapped person while a family member runs an errand.
39. Participate in neighborhood projects.
40. Introduce yourself to a new neighbor by taking them a meal.
41. Offer to take your co-worker or neighbor to the airport.
42. **Keep a good relationship with your HOA by keeping up the yard/paint of your house, etc.**
43. Buy some extra groceries and donate them to a needy family.
44. If you see a piece of trash, pick it up.
45. Remember to tip.
46. Donate your old eyeglasses.
47. Give a Bible Study.
48. Give blood.
49. While doing something nice for others remember to thank your parents for all they've done.
50. Call your brother/sister.
51. Give some extra quarters to someone in need at the laundromat.
52. Visit people in nursing homes.
53. Encourage a person who has lost a loved one.
54. **Send someone flowers just because you want to tell them "You're Special."**
55. Write someone a letter and actually mail it.
56. Give some "food" money to a student.