



CALL TO ACTION

WEEK 3: THE WIDOW OF ZAREPHATH, MOTHER OF A SON

1. Take 30 minutes this week to journal and reflect on the following questions: What is a time that I experienced care from my community? How did I feel receiving that care? What are ways I could give that care to others?
2. If you're not sure how to start building a community of care alongside mothers, fathers, and families of all kinds, write an encouraging note to a parent in your orbit this week. Instead of telling them they are a superhero, find ways to tell them you notice all they're holding and doing, and you want to be present to them.
3. Investigate local efforts to increase housing and/or food security in your community. Or find a group in your church who could investigate these efforts together. Consider ways that you as an individual or your church can participate in increasing access to basic resources for everyone in your neighborhoods, especially new and expecting mothers. Through its Thriving campaign, Kansas Appleseed is working to increase access to affordable food and safe and secure housing. You can learn more about hunger issues in Kansas and Kansas Appleseed's campaign at <https://www.kansasappleseed.org/thriving.html>.



CALL TO ACTION

WEEK 3: THE WIDOW OF ZAREPHATH, MOTHER OF A SON

1. Take 30 minutes this week to journal and reflect on the following questions: What is a time that I experienced care from my community? How did I feel receiving that care? What are ways I could give that care to others?
2. If you're not sure how to start building a community of care alongside mothers, fathers, and families of all kinds, write an encouraging note to a parent in your orbit this week. Instead of telling them they are a superhero, find ways to tell them you notice all they're holding and doing, and you want to be present to them.
3. Investigate local efforts to increase housing and/or food security in your community. Or find a group in your church who could investigate these efforts together. Consider ways that you as an individual or your church can participate in increasing access to basic resources for everyone in your neighborhoods, especially new and expecting mothers. Through its Thriving campaign, Kansas Appleseed is working to increase access to affordable food and safe and secure housing. You can learn more about hunger issues in Kansas and Kansas Appleseed's campaign at <https://www.kansasappleseed.org/thriving.html>.