



# STITCHING HOPE THROUGH RANDOM ACTS OF KINDNESS

*Little acts of kindness can go a long way. And you never know how far they'll take you.*

In Cathy Liggett's newest novel, *The Sisters of Sugarcreek*, the Secret Stitches Society is dedicated to bringing a stitch of hope to others. They sneak around in the night to anonymously drop off gifts that let those who are hurting or in need know someone cares.

*"A stitch of hope, Rose would always say, was just the thing that could get a person through. . . ."*

After tragedy strikes, three women cross paths and form an unlikely friendship, discovering that with friends by your side, a stitch of hope can be found anywhere.

Sometimes we can all feel a little hopeless, whether we're troubled by current events or personal hardships we're facing. But what if we opened our hearts to brighten the day of the person next to us and inspired him or her to pay it forward? Imagine the beautiful tapestry we could stitch together through little acts of kindness, woven full of hope and love.

We can, and here's how:

**PREP:** Print, cut out, and carry the Hope & Kindness Cards below.

**ACT:** Perform random acts of kindness throughout your days or weeks, such as:

- Buying coffee for the person behind you in line.
- Taping change to a vending machine.
- Donating books to the library.
- Leaving Valentine's Day cards for strangers.
- Leaving a happy note for someone to find.
- Sending flowers to a local nursing home.
- Attaching a small note of kindness to a flower and leaving it on someone's car.
- Donating children's books to your local church, homeless shelter, or food pantry.

**INSPIRE:** Encourage others to pass along a token of hope and pay it forward. Leave a Hope & Kindness Card with your random act, and watch your actions spread.

**SHARE:** Encourage your friends, family, and community to get involved. Share your stories of hope and kindness on social media and tag with #stitchinghope.



SECRET STITCHES SOCIETY

Dedicated to bringing a stitch of **HOPE** to others.

Will you kindly pay it forward?

#stitchinghope





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