The Kindness Challenge
By Allison Voneida
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The UU Youth for Justice youth group, in which I am a part, is a group of high schoolers dedicated to helping progress social justice. We usually have at least one project going at a time: in the summer it was painting rocks with helpful saying and secretly dropping them off at church members' houses, then in the fall, creating a church service in which we made a statement in support of racial justice, conveying the need for equity and the end of police violence. Currently, our project is The 30 Day Kindness Challenge. It sounds simple, and it is, but it's purpose is immense. For the last month, we UUYJ members have been making our way through a checklist of kindfull tasks. These tasks range from baking something for your neighbor, to picking up trash, and smiling at strangers. All simple tasks, but ones that greatly affect another's life. I recall in one of our recent zoom meetings, a story was shared by one of my fellow youth. They told of how a neighbor of theirs was alone on thanksgiving, their children not coming to visit for the holiday due to the current pandemic. So the UUYJ member, along with their family, brought treats that they had baked, over to their neighbor, and were greeted with a big smile. This small act of kindness gave their neighbor great joy and comfort. So in these trying times, I invite you to attempt this challenge. Everyday, or just throughout the next month, perform some acts of kindness. Show a stranger that they matter, tell your friend how much they mean to you, and spread kindness.