

More Than Words

Social Justice From Home

Even though we are asked to stay at home right now, there are still many ways for you to be a part of solutions for social justice in our community. Here are some ideas!



1. Make [fleece tie blankets](#) and donate them to homeless shelters.
2. [Crochet](#) or [braid](#) sleeping mats out of plastic grocery bags and donate them to homeless shelters.
3. Cut out felt shapes to be sewn into pillows for St. Thomas' Quilt and Toy Ministry. Find a teddy bear (or other shape) and size it to one sheet of paper. Cut out felt pieces of this shape. Keep them until we re-open or learn to sew/stuff them yourselves.
4. Sort through items in your house to donate (clothes, books, toys, movies, tools, etc). Make sure they're clean, organized, and nicely folded. (Donation locations are probably closed right now, but you can still have your items ready and sorted.)
5. Grocery shop for an elderly person in isolation.
6. Adopt a grandparent or older person who is in isolation. Give them a call each day to simply brighten their day. If you don't know an elderly person, ask a local care home.
7. Go above and beyond on helping with or leading household chores.
8. Help your favorite local nonprofit organization with their social media posts. That task can cost them a lot of time but you can do it so quickly! Use [Canva](#) to make beautiful but easy posts.
9. Video yourself reading a book to children for virtual story time.
10. Make a list each day of 5 things you're grateful for. For an extra challenge, make it a running list that doesn't repeat.

11. Neighborhood trash collection.
12. Plant flowers or start a vegetable/herb garden, even if it's just one pot.
13. Write sidewalk chalk messages of positivity in your neighborhood.
14. Practice fasting from food waste.
15. Research nutrition and implement more sustainable eating practices.
16. Clean out your closets and tidy your home using the [Marie Kondo style](#).
17. Do data entry for your favorite nonprofit.
18. Be aware of your attitude at home. Practice patience and gratitude with your family.
19. Do one good deed a day for each member of your family.
20. Harvest fruit from your local trees and donate the excess to [Iskashitaa](#).
21. [Make rosaries](#) out of beads and wire.
22. Research a social justice topic that's interesting to you. Be sure to look at all perspectives of the situation. Take this time to learn something new and think of creative ways of being part of the solution.
23. Reflect on your social distancing and time alone from friends. Do you realize any differences between socializing this way and in person? What will you do differently once this is over?
24. Add something beautiful and positive to your social media channels. Share something you're grateful for, an inspiring quote, or a lovely scene you saw that day.
25. [Make face masks](#) and donate them to health professionals or friends.
26. [Up-cycle old t-shirts](#) into yarn to be used for rugs.
27. Pray - for the world, for healing, for the Church.
28. If you are wondering how to continue to support St. Thomas the Apostle Parish, and are able to do so financially, you can either do so electronically (www.statucson.org > scroll down to online giving and click on donate), or do so by mailing a check. This is needed and much appreciated.