CDK HSV VALUES 21/22

Communion: the sharing or exchanging of intimate thoughts and feelings, especially when the exchange is on a mental or spiritual level. **OCTOBER 2021**

Grace: courteous goodwill; and (verb) do honor or credit to (someone or something) by one's presence. **NOVEMBER 2021**

Neighbor: Good **neighbors** are friendly. They introduce themselves, maintain relationships, and are approachable. They also enjoy being social in their community and encourage others to do so as well. **DECEMBER 2021**

Service: the action of helping or doing work for someone. **JANUARY 2022**

Fellowship: a company of equals or friends **FEBRUARY 2022**

Joy: a source or cause of delight **MARCH 2022**

Friend: one attached to another by [affection](https://www.merriam-webster.com/dictionary/affection) or esteem **APRIL 2022**

Family: a group of people united by certain convictions or a common [affiliation](https://www.merriam-webster.com/dictionary/affiliate#h1) **MAY 2022**

Acceptance: the act of accepting something or someone**:** the fact of being accepted **JUNE 2022**

Favor: approving consideration or attention **JULY 2022**

Gentleness: the quality or state of being [gentle](https://www.merriam-webster.com/dictionary/gentle) especially **:** mildness of manners or disposition **AUGUST 22**

Peace: harmony in personal relations **SEPTEMBER 2022**

**Monthly Tool Kit –Monthly Email to club president/secretary**

Club Ice Breaker using Value of the Month

Choice of Quotes/Invocations to use during club events or in club media

Service Project Idea(s)

Club Speaker Ideas

**Also**

 Article in every Capital Builder re the words of the months for that edition.

 Mid Winter Presentation on the role of community service in Major World Religions and Brief summary of holidays for Buddhism, Christianity, Hinduism, Islam, Judaism.

 Possibility of reprise of Mid Winter presentation at District Convention.

**COMMUNION TOOL KIT – OCTOBER 2021**

Communion: the sharing or exchanging of intimate thoughts and feelings, especially when the exchange is on a mental or spiritual level.

Club Project ideas:

1. Host a community discussion on community needs
2. Host a clergy gathering for all the faith communities in your community
3. Have a fall picnic for senior citizens – perhaps at local subsidized housing complex. Invite them to share about their lives, loves, challenges and dreams.

Club Ice Breakers:

1. What world issue are you most passionate about making better?
2. Where do you feel most peaceful/secure?
3. Who was your best friend as a teenager - what is a favorite memory?
4. Why have kept your Kiwanis membership active?

Quotes/Invocations/Prayers

**There is a Light - Hindu**

There is a light that shines beyond all things on earth,
beyond all of us, beyond the heavens,
beyond the highest, the very highest heavens.
This is the light that shines in our hearts.

“To him who in the love of Nature holds Communion with her visible forms, she speaks A various language.” William Cullen Bryant

“One hearty laugh together will bring enemies into a closer communion of heart than hours spent on both sides in inward wrestling with the mental demon of uncharitable feeling.” William James

Marriage is not just spiritual communion, it is also remembering to take out the trash.” Joyce Brothers

Invocation – Carolyn Richar

In thanks for this day and these friends with whom we share this time, may a spirit of love and communion fill our hearts. May we exchange our thoughts and feelings with honesty and hope that together we can work to make this world a better place for all the children of the world. We pray this in the name of You who are Love. Amen.

Speaker Ideas.

* 1. Invite member(s) of town council/county board to share ideas they have to create a better community.
	2. Member sharing session – give every member present 1-2 minutes to share ideas on how to create better “communion” in your club and in your community.

**GRACE TOOL KIT - NOVEMBER 2021**

Grace: courteous goodwill; and (verb) do honor or credit to (someone or something) by one's presence.

**Club Project ideas**

* + - 1. Honor Local Firefighters/Police/Civil Servants for jobs well done.
			2. Bring Up Grades (BUG) - plan for this month or next to honor students.
			3. Host a birthday party or Thanksgiving event at preschool in low-income area – or at Boys and Girls Club in your community.

Club Ice Breakers

1. Invite club members to share a “grace” they may have grown up with at mealtime.
2. Share remembrances of your “favorite” Kiwanian - a fellow member who inspires you.
3. Who, alive or from the past, would you love to have a few hours to spend in conversation?

Quotes/Invocations/Prayers

“Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude.” Denis Waitley

“I do not at all understand the mystery of grace - only that it meets us where we are but does not leave us where it found us.” Anne Lamott

“Whatever we are waiting for - peace of mind, contentment, grace, the inner awareness of simple abundance - it will surely come to us, but only when we are ready to receive it with an open and grateful heart.” Sarah Ban Breathnach

“God, give us grace to accept with serenity the things that cannot be changed, courage to change the things which should be changed and the wisdom to distinguish the one from the other.” Reinhold Niebuhr

Prayer – “ We gather today aware that we often value each other more for what we can do than who we are. We ask this day for the vision to see each other deeply and wholly for who each person is rather than the title of their job or the size of their bank account. May we realize the true value of those gathered around us by being present for each other. AMEN” Rev. Carolyn Richar.

Speaker Ideas.

TED TALKS - having a loved one with dementia. It starts out “rough” re daughter struggling to deal with parent’s illness <https://www.ted.com/talks/beth_malone_how_my_dad_s_dementia_changed_my_idea_of_death_and_life?language=en>

Speaker on Dementia or Down’s Syndrome or Autism – re the experience of Grace in accepting someone for who that person is and the lessons they have to teach those of us without those specific challenges.

**NEIGHBOR TOOL KIT – DECEMBER 2021**

Neighbor: Good **neighbors** are friendly. They introduce themselves, maintain relationships, and are approachable. They also enjoy being social in their community and encourage others to do so as well.

**Club Project ideas**

Throw a holiday celebration at local nursing home/assisted living/Boys and Girls Club/Preschool

Be a secret Santa for a family/person in need – not just this month – but do something each month for this family.

Work with another service club in your community on a joint project.

**Club Ice Breakers**

1. Who were your neighbors growing up - share a favorite memory.
2. Who is a neighbor you want to get to know better and why?
3. Who could be a neighbor – even though this person does not live in your community? (Sister cities).

**Quotes/Invocations/Prayers**

Jewish Prayer: May we hold lovingly in our thoughts-
those who suffer from tyranny, subjection, cruelty, and injustice,
and work every day towards the alleviation of their suffering.
May we recognize our solidarity
with the stranger, outcast, downtrodden, abused, and deprived,
that no human being be treated as "other,"
that our common humanity weaves us together
in one fabric of mutuality,
one garment of destiny.

Buddhist Prayer:

Let me cultivate a boundless love for all beings in the world,

above, below, and across, unhindered, without ill will or enmity.

“A man is called selfish not for pursuing his own good, but for neglecting his neighbor's.” Richard Whately

“When we look for what's best in the person we happen to be with at the moment, we're doing what God does, so in appreciating our neighbor, we're participating in something truly sacred.” Fred Rogers

**Speaker Ideas.**

TED TALK: 29 yo mayor of Stockton CA talks about being a good neighbor. https://www.ted.com/talks/michael\_tubbs\_the\_political\_power\_of\_being\_a\_good\_neighbor

Member of city council/county Boad/Human Services re which neighbors in your community need a helping hand.

**SERVICE TOOL KIT – JANUARY 2022**

**SERVICE: the action of helping or doing work for someone.**

**Club Project ideas**

Kick off the NEW YEAR with your club’s SIGNATURE PROJECT – if you don’t have one, start one.

Ask your local elementary school principal – what service is needed for children in your community?

Check with the area health department re what your club can do to help reduce injuries in your area?

**Club Ice Breakers**

1. What is your favorite Kiwanis service project?
2. What project memory inspired you to change your life?
3. How has your life been changed by those you have served?
4. What is a new service project/idea you would like to do?

**Quotes/Invocations/Prayers**

Jewish Prayer: May we struggle against institutional injustice,
free those from oppression and contempt,
act with purity of heart and mind,
despising none, defrauding none, hating none,
cherishing all, honoring every child of God, every creature of the earth.

Service to others is the rent you pay for your room here on earth. Muhammad Ali

The best way to find yourself is to lose yourself in the service of others. Mahatma Gandhi

To give real service you must add something which cannot be bought or measured with money, and that is sincerity and integrity. Douglas Adams

**Speaker Ideas**.

TED TALK – WHY/WHAT/HOW https://www.ted.com/talks/stacey\_abrams\_3\_questions\_to\_ask\_yourself\_about\_everything\_you\_do

TED TALK: How to step up in the face of disaster

https://www.ted.com/talks/caitria\_morgan\_o\_neill\_how\_to\_step\_up\_in\_the\_face\_of\_disaster

RED CROSS or SALVATION ARMY Disaster relief experts in your community.

FELLOWSHIP TOOL KIT FEBRUARY 2022

FELLOWSHIP: friendly association, especially with people who share one's interests

**Club Project ideas**

SOCIAL TIME – Have a CLUB GAME NIGHT, or take a field trip to local attraction!

FOSTER CHILDREN SOCIAL – work with county officials to host a fun gathering for local foster children and their foster parents.

Host an Ice Cream Sundae event at local Senior Citizen center.

**Club Ice Breakers**

* What is your favorite game to play/hobby?
* What other clubs/organizations do you belong to?
* What is your dream vacation?
* If you could have grown up in a different country or state – which would you choose?

**Quotes/Invocations/Prayers**

**Let Us Be United – Hindu Prayer**

Let us be united; Let us speak in harmony;
Let our minds apprehend alike.
Common be our prayer, Common be the end of our assembly;
Common be our resolution; Common be our deliberations.
Alike be our feelings; Unified be our hearts;
Common be our intentions; Perfect be our unity.

INVOCATION: We give thanks this day for those we sit beside and with whom we share the joy of service. May this fellowship give each of us the love, hope, and joy we need to serve with a grateful spirit and a compassionate heart. May we extend this fellowship to many others in the days ahead that service may be given to all in need. God who created us all, we ask this in your Name. Amen

Rev. Carolyn Richar

The fellowship of true friends who can hear you out, share your joys, help carry your burdens, and correctly counsel you is priceless. Ezra Taft Benson

One of the signs of passing youth is the birth of a sense of fellowship with other human beings as we take our place among them. Virginia Woolf

Speaker Ideas.

TED TALK: Understanding our Brains

<https://www.ted.com/talks/sam_rodriques_what_we_ll_learn_about_the_brain_in_the_next_century>

https://www.ted.com/talks/fay\_bound\_alberti\_a\_historical\_journey\_through\_loneliness

Local Psychologist – discussion of loneliness in modern day society.

***Joy Tool Kit – March 2022***

**Club Service Project Ideas** – include sponsored Service Leadership Programs.

 1) Make a Wish program for children, wish fulfillment for nursing home resident or at facility serving those who are isolated/underserved.

2) Sponsor a picnic/fun fair at local Title I elementary school or Boys and Girls Club – for a class or as large a group as club can support

3) Sponsor a social at a local subsidized senior housing facility with music/food/games

**Club Ice Breakers** – What birthday or holiday present do you remember loving most during your childhood?

 What is a time/event in your life during which you remember feeling great joy?

 What was an experience when you felt a great sense of joy within a group or community?

**Quotes/Invocations:**

“Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.”
― Thich Nhat Hanh

“One can never consent to creep when one feels an impulse to soar.”
― Helen Keller, [The Story of My Life](https://www.goodreads.com/work/quotes/1602613)

“I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy.”
― Tagore

“The great secret of true success, of true happiness, is this: the man or woman who asks for no return, the perfectly unselfish person, is the most successful.”
― Swami Vivekananda

**Christian Tradition - Prayer of Saint Francis**. “Lord, make me a channel of thy peace! That where there is hatred, I may bring love. That where there is wrong, I may bring the spirit of forgiveness. That where there is discord, I may bring harmony. That where there is error, I may bring truth. That where there is doubt, I may bring faith. That where there is despair, I may bring hope. That where there are shadows, I may bring light. That where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort, than to be comforted. To understand, than to be understood. To love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to Eternal Life. Amen.”

**God's Garden – Islamic tradition**

Lord, the air smells good today, straight from the mysteries within the garden of God.
The trees in their prayer, the birds in praise, the first blue violets, kneeling. – Rumi

**Prayer from Jewish tradition**

Teach me always to believe in my power to return to life, to hope, and to You, God, no matter what pains I have endured, no matter how far I have strayed from You. Give me the strength to resurrect my weary spirit. Revive me, God, so I can embrace life once more in joy, in passion, in peace. Amen.

-Rabbi Naomi Levy Talking to God: Personal Prayers for Times of Joy, Sadness, Struggle and Celebration

**SPEAKER IDEAS**

1. Creating Joy for Children – Elementary School Guidance Counselor, Child Psychologist.
2. ReKindling Joy as Adults – Adult Psychologist, Adult Clown Instructor,
3. TED TALK Videos about Joy

### [How to notice and build joy into your life | TED Talks](https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=2ahUKEwirgcvurZLxAhXRU80KHSwTAHUQFjABegQIBBAD&url=https%3A%2F%2Fwww.ted.com%2Fplaylists%2F656%2Fhow_to_notice_and_build_joy_into_your_life&usg=AOvVaw3e1MM4c5NyW8kSHTmVu91c)

**FRIEND TOOL KIT – April 2022**

Friend: a person whom one knows and with whom one has a bond of mutual affection

**Club Project ideas: include Service Leadership programs your club sponsors!**

1)Make a new friend – club can start relationships with elderly at local VA nursing homes/other nursing homes. Check with Social Work dept at facility re seniors without family nearby.

2) Renew a friendship – check back on an organization/group your club used to work with – and do a new project together.

3) Buddy Up – the Williamsburg Kiwanis has a great project connecting a Circle K member with a local Kiwanian who is in a profession of interest to the Circle K’er – they meet together monthly and many of these connections have lead to great long-standing friendships!

**Club Ice Breakers:**

Who was your best friend growing up and why?

What is one of the most special things a friend has done for you?

Who is friend you have not been in touch with in years that you would want to visit with?

Who would you love to be a friends with – alive or dead/famous or not?

**Quotes/Invocations/Prayers**

FRIEND

Hindu Prayer: Lord, make me so pure and strong
That all creatures may look upon me with friendship.
And may I also look upon all creatures with friendship.
– Yajur Veda

“Look with compassion, O Lord, on the whole human family, whom you have made in your image and according to your likeness. Take away the arrogance, fear, and hatred which infect our hearts. Break down the walls that separate us, and unite us in bonds of love. “ Fr. Mike March, Episcopal priest.

“Open the borders of our hearts and minds, and guide us in the way of holy friendships, that we may learn to better love you, one another, and ourselves. “ Fr. Mike March, Episcopal priest.

**Speaker Ideas.**

Local Psycologist/therapist – Why Friendship is important for our health.

# YouTube Video: How to Meet New People - 6 Tips for Making More Friends

<https://www.youtube.com/watch?v=rb0G0Uw-2Q8>

YouTube Video How To Build Closer Friendships: https://www.youtube.com/watch?v=bx8x1xC\_kGI

**FAMILY TOOL KIT – MAY 2022**

A family is a **group of two or more persons related by birth, marriage, or adoption who live together**;

Club Project ideas

1. Sponsor an outing for a foster family – host a picnic, sponsor a trip out for mini-golf or other activity. Check with local county Social Services dept for a family that would be open to Kiwanis connections.
2. Adopt a local refugee family – several Afghani families are starting new lives in the Capital District area – or a family for another country. Help this family set up a home and be introduced to your community.
3. Create an evening “Family Dinner” to which you invite the community members to join Kiwanis members for a potluck at a local park or community setting. Have board games or other after dinner activities – to give people time to connect.

Club Ice Breakers

1. Which of your family members had the most impact on your life and why?
2. Who is your most interesting ancestor?
3. What family hardship/challenge taught you an important lesson for life?
4. What is your favorite family tradition?

Quotes/Invocations/Prayers

**Dear God,**

Give us wisdom to make the best choices for our family.

Give us grace to trust in you even when we don’t see immediate answers.

Give us hope to carry on in spite of the circumstances around us.

We thank you for hearing and answering our prayer.

We thank you for your constant care and peace.

In your name, amen. From <https://www.happierhuman.com/prayers-family/>

Lord, help us to be thankful for one another. Help my children to be thankful for each other, for our family to be grateful for each member and to pray one another continually. Our gratitude for one another will bind us together as a family, and our prayers for each other will further unify us in gratitude and love. - [Marie Osborne](https://www.crosswalk.com/faith/prayer/7-prayers-for-a-thankful-family.html)

“In family life, love is the oil that eases friction, the cement that binds closer together, and the music that brings harmony.” –Friedrich Nietzsche

“Family isn’t always blood. It’s the people in your life who want you in theirs; the ones who accept you for who you are. The ones that would do anything to see you smile and who love you no matter what.”

Speaker Ideas.

TED TALK: Young Wife shares experience of living in love with husband who is dying. <https://www.ted.com/talks/lucy_kalanithi_what_makes_life_worth_living_in_the_face_of_death>

Local Family Counselor – topic re how to live within a challenging family – for those of us with families that are not healthy.

**ACCEPTANCE TOOL KIT – JUNE 2022**

Acceptance: the act of accepting something or someone**:** the fact of being accepted

Club Project ideas

1. Write letters to/send small gift packages to prisoners in local jails/prisons.
2. Work with your local Special Olympics chapter
3. Sponsor an interfaith breakfast/gathering for local clergy.

Club Ice Breakers

1. What is a quick memory of someone you did not like at first – but became close with?
2. What do you want to be more open to accepting about yourself?
3. When was a time you felt fully accepted and loved?
4. What do you wish people could be more accepting about/for?

Quotes/Invocations/Prayers

Hindu Prayer: Grant us an understanding heart,
Equal vision, balanced mind,
Faith, devotion and wisdom.
Grant us inner spiritual strength
To resist temptations and to control the mind.
Free us from egoism, lust, greed, hatred, anger and jealousy.
Fill our hearts with divine virtues.

Jewish prayer: “Blessed are You Eternal Spirit who has given us life, sustained us and allowed us to arrive in this moment.”

“As I get older, the more I stay focused on the acceptance of myself and others, and choose compassion over judgment and curiosity over fear.” Tracee Ellis Ross

“Just knowing you don't have the answers is a recipe for humility, openness, acceptance, forgiveness, and an eagerness to learn - and those are all good things” Dick Van Dyke

**Speaker Ideas.**

Local ACLU chapter speaker– how do we live together in communities when we are do different|

# Youtube: Experience the Power of Acceptance https://www.youtube.com/watch?v=2Fnv3zZMhQ4

YouTube: The Reality of Self Acceptance: <https://www.youtube.com/watch?v=U-KJJg3z2Ko>

# YouTube: We Are All Different - and THAT'S AWESOME! https://www.youtube.com/watch?v=sQuM5e0QGLg

FAVOR TOOL KIT – JULY 2022

Favor: approving consideration or attention

**Club Project ideas**

1. Participate in a July 4 community event
2. Recognize a member or members of your club for their service in Kiwanis.
3. Make a donation to a fellow community service organization congratulating them for their service.

**Club Ice Breakers**

1. What qualities of life do you favor?
2. Who favored you – paid special attention to you – as a child and how did this affect you?
3. What hobby or sport do you “favor” and why?
4. What Kiwanis service project do you favor?

**Quotes/Invocations/Prayers**

“Seek not the favor of the multitude; it is seldom got by honest and lawful means. But seek the testimony of few; and number not voices, but weigh them.” [Immanuel Kant](https://www.brainyquote.com/authors/immanuel-kant-quotes)

“I have friends in overalls whose friendship I would not swap for the favor of the kings of the world.” Thomas A. Edison

Invocation: God - we know you have no favorites - you love all. May we open our hearts to your love. May we not let favoritism keep us from showing favor to all your children throughout the world. May we especially reach out to children locally and internationally who feel forgotten and unloved. Amen. Rev. Carolyn Richar

**Speaker Ideas.**

Local Child Psycologist – on what is needed for a healthy childhood – on how to help the many children with mental health needs in our communities.

School Guidance Counselor – what are the challenges in schools today – and how can Kiwanis help?

Local Parole officer – how can people who have served time in prison be successfully reintegrated into our communities as accepted and productive citizens?

**GENTLENESS TOOL KIT – August 2022**

GENTLENESS : the quality or state of being [gentle](https://www.merriam-webster.com/dictionary/gentle) especially **:** mildness of manners or disposition

**Club Project ideas**

Be Gentle on our Earth – trail cleanup or park cleanup walk

Be Gentle to those who care for others – provide refreshments for local ER staff or other first responders who often deal with the harsher side of life!

Be Gentle to those feeling forgotten – help a local homeless shelter!

**Club Ice Breakers**

What is a favorite memory of someone being gentle with you?

When do you think being gentle is important?

Recall a time when you’re being gentle or someone being gentle with you changed an outcome for the better?

**Quotes/Invocations/Prayers**

“Be healing with your words, be tender with your words, be gentle with your words and watch your words bring gentle, tender healing in the hearts of others.” ― Heather Wolf, [Kipnuk Visits Sea Isle](https://www.goodreads.com/work/quotes/47846496)

“It is the weak that expresses aggressiveness to show strength, but real strength, is in the gentle.” ― Nurudeen Ushawu

“Gentleness, self-sacrifice and generosity are the exclusive possession of no one race or religion.” Mahatma Gandhi

“Lord, You want me to learn from you Gentleness of heart.
No matter how I fail you, Your gentleness never fails me.
You are slow to anger; Your kindness is without limit.
You tell me not to be distressed, To make your gentleness my own
So that my soul may find rest.
Give me the wisdom to make time in my day For a gentle nursing of my soul. “

From the website https://prayerist.com/prayer/gentleness

**Speaker Ideas.**

Local Environmental activist on how we can be gentler on our environment.

Local Therapist on how we can be gentler on ourselves and others in stressful situations!

PEACE TOOL KIT – SEPTEMBER 2022

Peace: harmony in personal relations

**Club Project ideas**

Host a debate on a community issue with the goal of finding a peaceful resolution

**Club Ice Breakers**

What is a way your were able to bring peace to a difficult situation?

Who is your role model for peaceful relationships?

Is there a saying you use to help you remember to bring peace in a challenging situation?

What is an area in your community that needs help for peace to emerge?

**Quotes/Invocations/Prayers**

JEWISH PRAYER: May we pursue the Biblical prophet's vision of peace, that we might live harmoniously with each other
and side by side, respecting differences, cherishing diversity, with no one exploiting the weak, each living without fear of the other, each revering Divinity in every human soul. AMEN

*If there is to be peace in the world, There must be peace in the nations.*

*If there is to be peace in the nations, There must be peace in the cities.*

*If there is to be peace in the cities, There must be peace between neighbors.*

*If there is to be peace between neighbors, There must be peace in the home.*

*If there is to be peace in the home, There must be peace in the heart.*

*- Lao Tsu’s Peace Prayer –*

HINDU PRAYER

“Lead me from death to life, from falsehood to truth.
Lead me from despair to hope, from fear to trust.
Lead me from hate to love, from war to peace.
Let peace fill our heart, our world, our universe.
Peace, peace, peace.” – Adapted from the Hindu Upanishads by Satish Kumar

“Peace begins with a [smile](https://parade.com/1045449/marynliles/smile-quotes/).” — [Mother Teresa](https://parade.com/1246359/marynliles/mother-teresa-quotes/)

“You have peace when you make it with yourself.” ― Mitch Albom, The Five People You Meet in Heaven

**Speaker Ideas.**

University Professor to share history of how nations achieved peaceful resolutions after war.

Local Marriage therapist on how to disagree peacefully and in a healthy way.

Check out some TED talks on Peace – found on You Tube.