

28 WAYS TO SHARE YOUR love THIS FEBRUARY

Love is hands down the most heavenly feeling in the world. And giving love has the power to alter lives for the better—while giving purpose to our own. There is no limit to how much can be given. It's possible to give up everything to love another. Regardless of our financial circumstances, we all have the potential to love.

We have a need to receive love and a need to give. One group who desperately needs love is women experiencing homelessness and poverty. Alone, forgotten, abused, hungry and cold—the smallest act of love can bring hope to a woman who is facing hardship.

Below is a list of 28 ways to love one another, especially women in need. Check out the 28 Days of Love campaign that continues throughout February. But remember that anytime is a great time to love.



1. Be an inspired giver.

Studies and surveys confirm what generous people already know: Giving increases happiness and the purpose of the life of the giver. We are not designed for selfishness. We were created to give our lives to others. Receive inspiration for a life of giving by reading quotes from holy men and women and leaders in our community about love.

"We cannot all do great things, but we can do small things with great love."
– Mother Teresa



2. Talk to someone on the street.

We all struggle with knowing the best thing to do when crossing a person on the streets. Denver-based homeless ministry Christ in the City recommends stopping to introduce yourself and asking their name. Women experiencing homelessness can often go unnamed and feel alone. This simple act can help them feel their value.

3. Listen.

Women's needs are universal. Even those without a home have a need to know they're cared for. Ask, "How are you doing?" Make an effort to listen and hear what is happening in their life. Ask questions to show you care. As one homeless woman said, "You can help me by talking to me when I am down."

4. Cook a meal for a hungry family.

Volunteers are crucial to serving the needs of women, especially at shelters like Samaritan House in Denver. A warm and nutritious meal can make a difference in someone's day. Sign-up to prepare a meal for women at the shelter by visiting <http://serve.ccdenv.org>.



5. Use snail mail to send a card.

Share love in a special way with someone in need by sending a personalized card on Valentine's Day. With a donation, you can arrange to have an encouraging note sent to a woman experiencing homelessness. Visit samhousedenver.org/28DaysOfLove to learn more.



6. Make someone smile.

Share your own life and happiness. Despite facing challenges and hardship, others in need can be lifted-up by someone's smiling face.

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."
– Leo F. Buscaglia



7. Offer an unexpected compliment.

A genuine compliment can do wonders to make someone feel special. Whether a compliment about their clothing or an expression of kindness—a compliment is a sure way to share love with another.

8. Have faith.

Some of the greatest acts of love we can give is through prayer. Dedicate a short prayer for a woman who is struggling with homelessness. Know that God is watching over and caring for those in need. Visit the Mother Teresa Prayer Society page to pray along with others during February.



9. Donate in honor of a loved one.

Through the 28 Days of Love campaign, you can make a donation to benefit a woman in need in honor of your spouse or loved one. Send them a personalized email message telling them that you made a donation in their name.

10. Pay it forward.

Have you ever received an unexpected gift or been the recipient of someone's kindness? Consider showing your gratitude by returning the good deed to someone else. Be aware of other's needs around you. Learn about how you can help women in need by visiting <http://serve.ccdenv.org>.



11. Donate needed items.

If you're like every other American, you have plenty of household goods and clothing. Showing love to someone can be as simple as donating some of these extra items. Samaritan House shelter keeps a wish list of most-needed items for homeless women and families.

12. Adopt a room.

Make a direct impact on the life of someone in need by adopting a room for them to live in. Marisol Homes, a long-term shelter for women and children who've been abused and chronically homeless, offers an option for the community to sponsor a room. The tangible gift can bring warmth to a woman's heart.



13. Assemble care packages.

Care packages are an easy and affordable way to show love. Mailed or hand-delivered, the packages are a great way to show thought and care. Keep them in your car and offer to the next homeless woman you pass on the street. It can go a long way.

14. Teach a skill.

Volunteer to teach a class or share a valuable skill. This can have a huge impact on someone's life. Marisol Services, a network of healthcare, human services and housing services for women in Colorado, needs us to share our talents to help someone rebuild their life. Visit <http://serve.ccdenv.org>.

15. Sponsor a diaper drive.

Giving is fun with family and fellow church members. You can help women in need by sponsoring a diaper drive at your church and alleviating the hefty cost of diapers on women in poverty.



16. Start a giving team.

Consider volunteering with your family and friends. Newlyweds Layne and Patrick decided to gather a group to volunteer at Marisol Homes, a long-term shelter for homeless women and children. Out of gratitude for their love and blessings, the couple volunteered the day before their wedding. Learn about group volunteer opportunities to by visiting ccdenv.org.



17. Make a phone call on someone's behalf.

If you see someone who looks lost, without help, or is begging on the street, offer to make a call for them. A simple gesture can help show you care and help alleviate their need. And you'll feel great for doing it.

"You learn to speak by speaking, to study by studying, to run by running, to work by working, and just so, you learn to love by loving. All those who think to learn in any other way deceive themselves."
– St. Francis de Sales



18. Earn a tax credit.

You can reduce your taxable income and make a difference in someone's life at the same time. Colorado allows taxpayers to take a 25 percent tax credit on state income taxes when an enterprise tax zone donation is made to Samaritan House shelter in Denver, The Mission in Fort Collins, and Guadalupe Community Center in Greeley.

19. Help build a new shelter.

According to the Metro Denver Homeless Initiative's 2016 study, 2,112 women reported homeless. To meet the need for shelter, Catholic Charities of Denver is constructing a new shelter called Samaritan House Women's Shelter to open this year. The building will include emergency shelter and a 29-day transition program for women experiencing homelessness. Be a part of this project and make a lasting impact.

20. Offer a prayer.

If you see a woman with children or a lady begging on a street corner, say a short prayer for her well-being. The more ways you love others, the more beautiful you will become.

"Beauty grows in you to the extent that love grows, because charity itself is the soul's beauty."
– St. Augustine



21. Connect to someone who can help.

Perhaps you genuinely can't help someone in need, or you're not sure how to give love. Make an effort to connect someone with a professional or make a thoughtful introduction to a friend who can open their life to new possibilities. The road of giving doesn't need to stop with you.

22. Give your full attention.

The smallest gestures can speak volumes. When someone is expressing frustrations or you meet a woman who is in need, put down your phone. Turn your attention to them. They will feel your care by your undivided attention.

"You know well enough that Our Lord does not look so much at the greatness of our actions, nor even at their difficulty, but at the love with which we do them."
– St. Therese of Lisieux



23. Make a sustainable gift.

Don't have time to volunteer? Consider making small monthly donations to help build the long-term sustainability of charitable actions for women at Samaritan House. Learn about the impact you can have by visiting samhousedenver.org/donate-30/.

24. Buy a stranger coffee.

Coffee shops dot almost every corner of city streets. Americans love their coffee. Share a delicious cup of coffee with someone in need. It will turn their day around.

25. Donate your old car.

Before you trade in your vehicle or sell your broken-down car, consider turning it in to a donation. Samaritan House shelter accepts car donations, which provide crucial funding to provide care and compassion to women seeking to achieve self-sufficiency.



26. Make a sacrifice.

Consider giving up your favorite dessert or forgoing coffee. Make a sacrifice and offer it up for the benefit of someone in need.

"There is no place for selfishness—and no place for fear! Do not be afraid, then, when love makes demands. Do not be afraid when love requires sacrifice."
– Pope John Paul II



27. Don't be a cliché.

Think of other ways to show love. Don't simply do things you're 'supposed' to because everyone else is doing them. Follow your heart and show love to others in a way that inspires you.

28. Be spontaneous.

Giving can take courage. But you'll never know your potential to love if you don't try. Follow the ideas above but keep your eyes and ears open to others in need. Consider helping the most vulnerable in our community, women, and open your heart to them.

