



Gift of Love

How It Works

- As a family, designate a time to serve others with love.
- Read an ECK quote and sing *HU* as a family.
- Choose a service activity your family would enjoy doing to practice serving the ECK, the MAHANTA, and all life with love.
- Experience how serving others opens the heart to love.
- Afterward take time to reflect together on the spiritual benefits from your gift of love.

If you would have love, you must first give love. And if you give divine love to others, you shall have divine love for yourself.

—Harold Klemp,
*The Slow Burning
Love of God*

Ideas for Gift-of-Love Activities

Outline each heart as your family completes any of these ideas!

Collect trash at your favorite park.

Volunteer at an animal shelter.

Make cards for a children's hospital.

Make no-sew blankets for a local shelter.

Set up a lemonade stand and donate the earnings.

Hold a garage-sale fundraiser for your Satsang Society.

Host a car wash and donate the earnings to a charity.

Make a meal for someone in need.

Bake something yummy for a new mother.

Make an art piece and give it to a friend or teacher.

Host a coat drive and deliver the items to a shelter.

Make popsicles and give them to neighbors on a hot day.

Sponsor a family in need over the holidays!

Volunteer at a soup kitchen.

Volunteer, sing, or read at a nursing home.

Shovel snow for your neighbors.

Rake leaves for your neighbors.

Send someone a card of appreciation or love.

Offer to pet-sit or walk a friend's dog.

Grow extra vegetables to donate to a food bank.

Buy flowers and offer them to someone.

Make paper flowers to give to someone.

Donate gently used toys to a local charity.

Start a butterfly garden at your school.

Help clean your local ECK Center.

Give a balloon to each classmate or coworker.

Leave a kind card in a library book.

Leave supportive Post-it notes on changing tables.

Weed or plant flowers at your local ECK Center.

Come up with your own idea!