

FEBRUARY KINDNESS CALENDAR

Offered by the Unitarian Universalist Congregation of Owensboro
 Events and Suggestions for Shaping or Sharing Kindness in our Community

Advocacy items in RED are @ the Kentucky Capitol in Frankfort

Advocacy days are for citizens with special concerns to meet our state legislators; letter writing and calls for special concerns are also welcome.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>American Heart Month: Take a walk each day for your physical heart and think of those needing some extra love while you're doing it.</p> <p>Black History Month: Special event on Thu, 16 Feb @ Public Library: "13th" (documentary) and speaker, Richard Jones @ 5:30 pm</p> <p>Dating Violence Awareness Month: Offer young daters a safe place to talk about their dating. Get help if someone is bullied or violated. Attend an event to benefit <i>New Beginnings</i>, Owensboro's sexual assault support services.</p>						
5	6	7	8	9	10	11
Join the American Legion and Boy Scouts in marking Four Chaplains Sunday by honoring someone who is self-giving in service.	This day in 1971, Shepard & Mitchell tried to find the rim of a crater on the moon—they got close but didn't make it. Ask to hear someone's story of "almost making it" to their dream.	Birthday of Charles Dickens & Sinclair Lewis: Read a short story about human nature or social issues and think about its application locally.	[2/4 was] Take Your Child to the Library Day: Donate a book to a school library (ask what they want!) or send a bookmark to a young reader.	Children's Advocacy Day Pay it forward for part of the bill for a parent with kids in line at the store—even a few cents helps!	Public Skating is every Friday & Saturday of Feb. @ The Edge, 7-10 pm. Call 270-687-8720 for info.	Jewish New Year for Trees: Eat a symbolic meal of fruits &/or nuts with someone else.
				Vagina Monologues to Benefit <i>New Beginnings</i> , 8 pm @ UUCO, \$10		
12	13	14	15	16	17	18
Darwin Day: Consider all the ways that science improves our lives with its inquiry and application. Write a thank you note to a science teacher at a high school or college.	Attend the NAACP Meeting @ the Neblett Center, 6 pm. Learn about dialog and education events in the city.	St. Valentine's Day: Give a homemade valentine to a <u>lonely neighbor</u> . Attend the Human Relations Commission Meeting @ City Hall, 5 pm. Learn about being a good neighbor.	Fairness Advocacy Day Nirvana Day for Mahayana Buddhists: Use part of the day for reflecting on the meaning of life and death.	Refugee & Immigrant Advocacy Day Documentary: "13 th " & Speaker, Richard Jones @ Public Library, 5:30 pm	February's flower is the Violet, said to symbolize love of truth. Call someone you can count on to tell you the truth when you need it. Thank them for their honesty.	Take your walk in a winter field or garden today. Meditate on the gifts we use all the time that come from the earth.
19	20	21	22	23	24	25
Give yourself an hour of quiet today. Take stock of any blessings you may have overlooked. Say, "Thanks," in some quiet way.	President's Day (really, Washington's B-Day): Personally compliment someone you admire in a leadership position.	Attend the City Commission Meeting @ City Hall, 5 pm. Learn what's being considered for our city.	Disabilities Advocacy Day Send a thank you note to a special needs provider or to New Life Church for hosting <i>Night to Shine</i> disabilities prom.	Attend Daviess Co. Fiscal Court @ the Courthouse, 5 pm. Learn what's being considered for our county.	Calendar Correction Day (1582): Give some time to someone you haven't seen in a really long time.	Observe Maha Shavaratri [on the moonless night] with fasting and prayer for freedom from sin.
				A Memory, A Monologue, A Rant, A Prayer to Benefit <i>New Beginnings</i> 8 pm @ Zion UCC, \$10		
26	27	28	<p>Kentucky Council of Churches Prayer in Action Days @ State Capitol Annex in Frankfort Days intended to unite people of faith in praying and working together on social concerns. Do you have some extra prayers or meditation to share with your neighbors? 07 Feb: Justice Reform 21 Feb: Healthcare 14 Feb Gun Violence 28 Feb: Death Penalty</p>			
Start of Baha'i Intercalary Days: Help your favorite charity with a gift of time today.	Interfaith Potluck @ Faith Lutheran 6 pm. Bring a dish with an ingredient list and meet neighbors of all faiths.	Mardi Gras: Wear some wild beads or something bright to give away to someone that seems a little sad today.				