

A group of diverse people, including men and women of various ethnicities, are shown from the chest up, leaning in and stacking their hands in a circle. The hands are of different skin tones and are positioned in a way that suggests a strong, unified team. The background is a bright, slightly blurred outdoor setting, possibly a park or a field, with greenery and a clear sky. The overall mood is positive and collaborative.

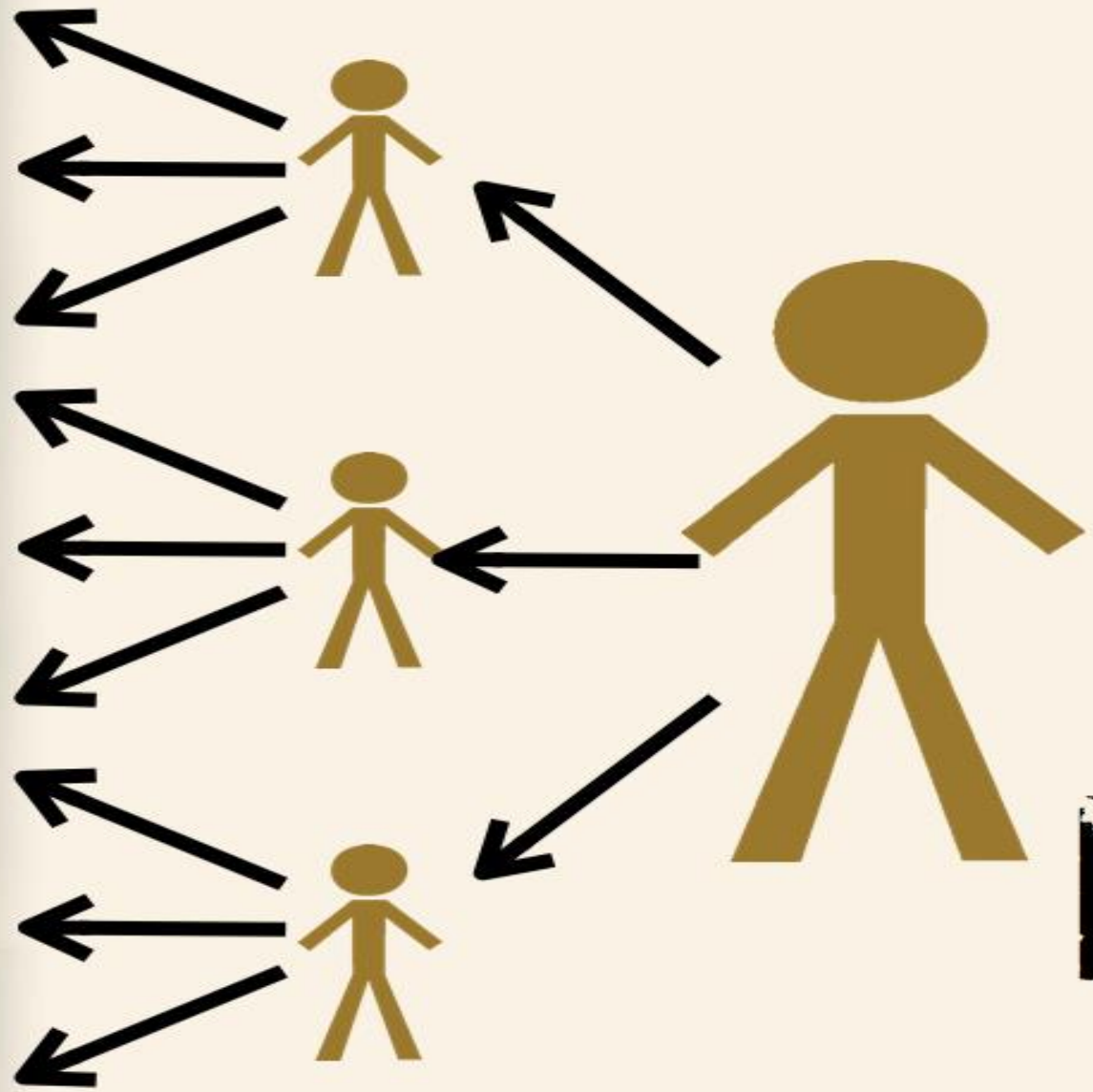
TFCHA

HELPING OTHERS

PAY IT FORWARD



[https://www.youtube.com/
watch?v=KxB43PxasGA](https://www.youtube.com/watch?v=KxB43PxasGA)



Pay

it

Forward

INTERNATIONALLY BESTSELLING AUTHOR
CATHERINE RYAN HYDE
YOUNG READERS EDITION



“I believe that if just one of the people I help does the same for another person then it has made a difference to the world.

If I can help anyone in some small way, whether that be opening a door for a lady who has her hands full with shopping, directing a lost tourist, informing an elderly man as to when the next bus will arrive or even just saying “thank-you” and smiling at a sales assistant who appears to have had a bad day, I know that my small favours somehow, somewhere make a difference, and that’s enough for me.”

**Don’t pay it back – pay it forward.
The world may not change, but you
can.”**

Captain Tom Moore: How the war veteran captured our hearts

Captain Tom is a former British Army officer known for his achievements raising money for charity in the run-up to his 100th birthday during the COVID-19 pandemic.

On 6 April 2020, at the age of 99, he began to walk laps of his garden in aid of NHS Charities Together, with the goal of raising £1,000 by his hundredth birthday.

By the time he had reached the finish line, he had become a social media phenomenon and raised an astonishing £12m. By the teatime the same day, donations had risen to £15m. The total keeps growing and growing and has now passed £30m.

Read more about Tom Moore's efforts below:

<https://www.bbc.co.uk/news/uk-52316856>



Marcus Rashford: Manchester United forward's campaign to make change happen

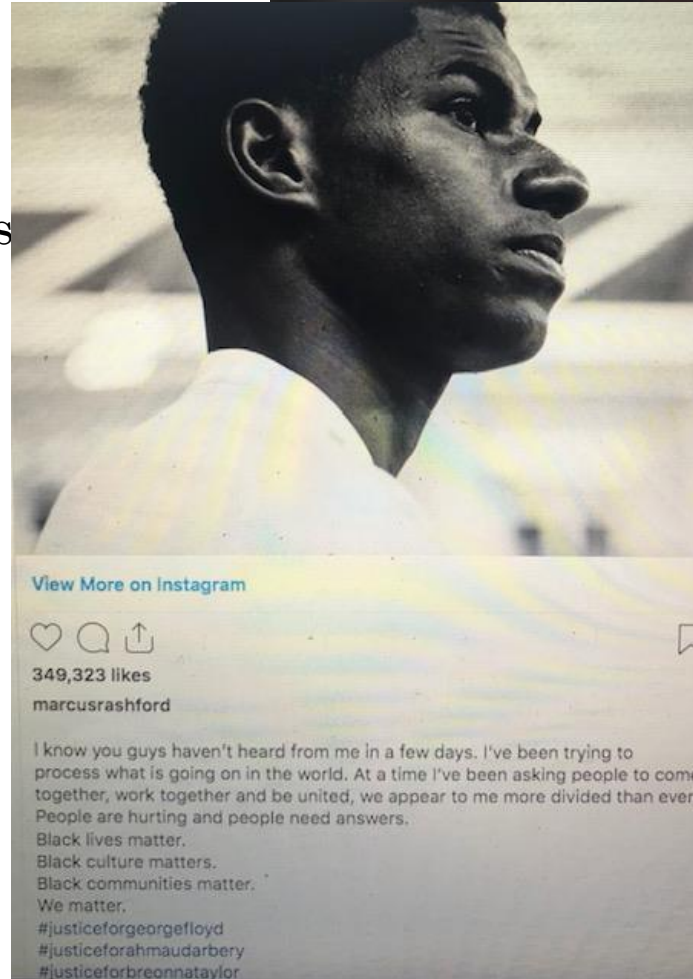
The footballer led a successful campaign encouraging the government to offer free meals over summer.

"I don't want this to be the end of it because there are more steps that need to be taken. People are struggling all year round, so we need to learn more about the situation they are in and how we can help them best."

—Marcus Rashford

Read more about Rashford's campaign below:

<https://www.bbc.co.uk/sport/football/53096253>



Rashford has also provided powerful anti-racism messages following the death of George Floyd



After a woman in Florida paid for her iced coffee and the caramel macchiato a customer behind her ordered, the line continued for 378 people. Everyone accepted their free drink and paid for the customer behind them up until 6 p.m. that night when the 379th person ordered a coffee and declined to pay for the next one.



https://www.youtube.com/watch?v=X31d9_p2bS0

*“What are the little things **you** could do every day to make a difference to the lives of others?”*



what
will **YOU**
do today?



One *goal* for the next two weeks is to help another person and pay it forward.



what
will **YOU**
do today?






9 Ways to Help Others During the Coronavirus Pandemic

Please read the article below and discover ways you can help during this difficult time

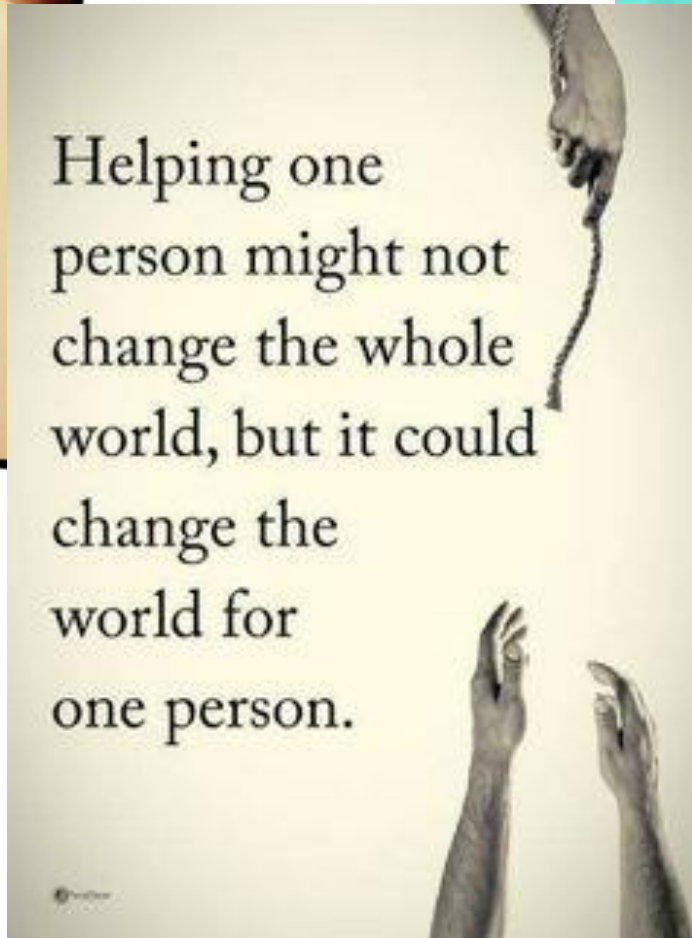
<https://www.idealists.org/en/careers/help-others-coronavirus>



"A kind gesture can reach a wound that only compassion can heal!"

- Steve Maraboli

Matthew 5:16 *In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.*

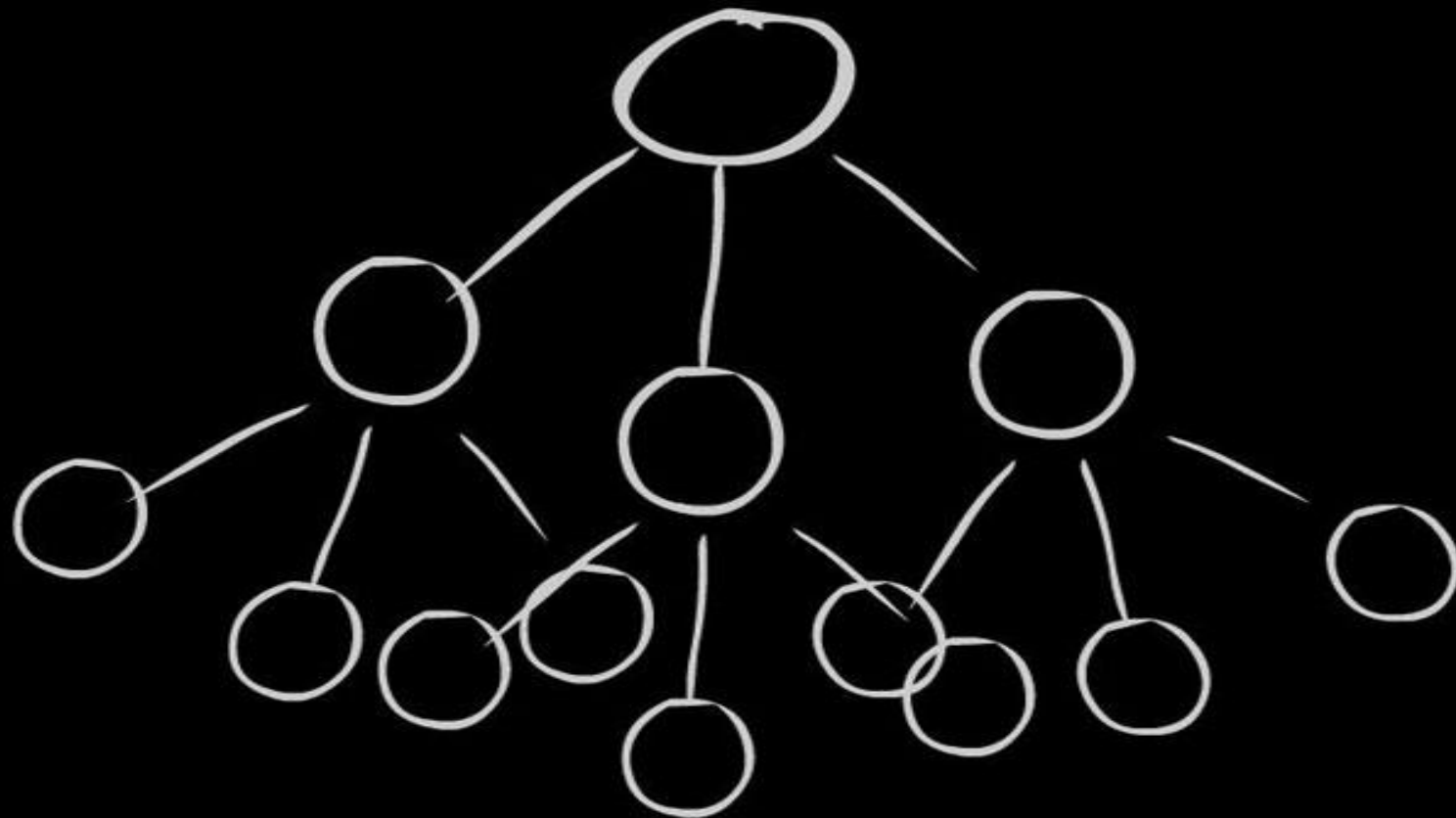


Helping one person might not change the whole world, but it could change the world for one person.

NEVER WORRY ABOUT NUMBERS. HELP ONE PERSON AT A TIME, AND ALWAYS START WITH THE PERSON NEAREST YOU.
~ MOTHER TERESA

Galatians 6:2 *Bear one another's burdens, and so fulfill the law of Christ.*

PAY IT FORWARD



Remembering our CHA values to help others

Honesty

Forgiveness

Respect

Hope

Compassion

Love

**Self
discipline**

A Prayer for reflection

When you find yourself in the position to help someone, be happy and feel blessed because God is answering that person's prayer through you. Remember: Our purpose on earth is not to get lost in the dark but to be a light to others, so that they may find God's way through us.