50 ideas to promote *Reverence* during Neumann University’s 50th Anniversary

**Reverence for Self**

1. Drink more water.
2. Take a walk to breathe in fresh air and get some exercise.
3. Pause for a couple of minutes, close your eyes and pray.
4. Take a moment to enjoy the sunset as you leave Neumann each evening.
5. Visit the Mirenda Center and take time to reflect on the Pillars.
6. Enjoy a piece of chocolate or your favorite candy...just because!
7. Attend a Lunch and Learn Mini-session on *Reverence: Create a Compassionate, Welcoming and Reconciling Community* during the week of February 16-19, 2015.
8. Attend a half day of reflection on *Reverence* at the Franciscan Spiritual Center on January 28 or March 5, 2015.
9. Attend the Lenten dinner and evening of reflection on *Forgiveness* at the Franciscan Spiritual Center on March 30, 2015.
10. Attend the dinner and reflection evening on *Celtic Spirituality* on March 16, 2015 at the Franciscan Spiritual Center.
11. Turn off the radio during your ride to and from work; relish the quiet.

**Reverence for Others**

12. Allow the driver in the opposing lane at a traffic light to turn in front of you if you’re the first in line.
13. Keep the first person you meet at home in the morning in prayer for peace and joy during the day.
14. Keep the first person you meet at your workplace in the morning in prayer for peace and joy during the day.
15. Leave a paper towel in a motion activated dispenser for the next person in a restroom.
16. Hold the door open for someone behind you.
17. Wish the people on an elevator with you God’s blessings on their day/a good day when exiting at your floor.
18. Wish the wrong-number caller God’s blessings on their day/a good day before you hang up.
19. Acknowledge a cashier by name in a checkout line; wish them a good day.
20. Reach out/call an old friend or relative.
21. Buy cookies and deliver to a soup kitchen.
22. Buy candy and deliver to a soup kitchen.
23. Make a monetary donation to a soup kitchen.
24. Check on/visit an elderly neighbor.
25. Offer to take an elderly neighbor shopping.
26. Smile at everyone you meet.
27. Sit down with your children and watch a child’s TV show.
29. Plan a monthly activity to foster community among those with whom you work.
30. Arrange your classroom to promote greater interaction and dialogue and thus build a sense of community.
31. Invite your students to learn the names of everyone in the class to promote a sense of community.
32. Begin class with a reflective reading and 30 seconds of quiet.
33. Invite students to journal for 5 minutes once a week.

**Reverence for Creation**

34. Take 5 minutes to enjoy the monthly Care of Creation reflection available on the *Care of Creation website*.
36. Take a walk and appreciate the beauty around you.
37. Conserve water.
38. Visit *Franciscan Action Earth Corps*.
39. Talk to the birds, squirrels or rabbits.
40. Consciously recycle.
41. Try using fewer paper products.
42. Pray the *Canticle of the Creatures*.
43. Put up a *birdhouse and birdfeeder* in your yard.
44. Advocate for environmental issues.

**Learn more**

45. Read a book on Francis, Clare, or the Franciscan tradition.
46. Read a book on Catholic Social Teaching.
47. Listen to a CD on Francis, Clare, or the Franciscan tradition while driving to and from work.
48. Listen to a CD on Catholic Social Teaching.
49. Attend the film and discussion *In the Footprints of Francis and the Sultan: A Model for Peacemaking* on March 19, 2015.
50. Attend the Lenten Soup and Sharing lunchtime discussions on *Care for Creation*.

N.B. For information on programs, reflection opportunities, books, CDs, and films contact the Neumann Institute for Franciscan Studies.