



No One Should Have To Walk Alone This Holiday Season

Companionship Holiday Touch-Point Challenge

*A Pathways to Promise
Initiative —
Because No One Should
Walk Alone.*

Why This Matters

*The holidays are filled with celebration for some — but for others, they are a quiet season of sorrow, loneliness, stress, or grief.
As a community centered in compassion, we believe no one should walk through this season alone.*

Our Commitment

*This year, we are embracing
the Holiday Touch-Point Challenge, inviting each member
of our community to reach out intentionally and lovingly.*

How It Works

*Each week, choose three people to connect
with using a simple act of presence:*

*A call
A text
A card
Coffee
Prayer
A moment of listening*

*The Heart of It
Presence heals. Connection lifts. Love changes lives.
Together, we can bring warmth into some of the coldest moments.*

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How To Participate

The Holiday Touch-Point Challenge

Step 1 — Pause for 2 minutes.

Think about someone who might be struggling, lonely, grieving, or overwhelmed.

Step 2 — Choose three people this week.

They may be:

A church member

A neighbor

A friend

A coworker

A family member

Someone who crossed your mind

Step 3 — Reach out with intentional kindness.

Your message doesn't have to be long.

A simple:

"You've been on my heart. How are you doing?"

can open the door to healing.

Step 4 — Repeat weekly through the holiday season.

Step 5 — Spread the invitation.

Encourage someone else to join the challenge.

You are the gift.

Your presence, your kindness, your voice — they matter more than you know.

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Touch-Point Ideas for the Holiday Season

Small acts of kindness make a powerful impact.

Here are simple ways to reach out:

 *Send a text:*

"You've been on my heart. How are you doing?"

 *Invite someone for coffee or a warm drink.*

 *Make a phone call — even a 3-minute call can lift a spirit.*

 *Mail a card or handwritten note of encouragement.*

 *Offer to pray with or for someone.*

 *Take a walk together or sit outside and talk.*

 *Drop off a small gift:*

A candle, a snack, a plant, or a baked treat.

 *Simply listen — your presence alone can be healing.*

 *Send a voice note or short video message for a personal touch.*

 *Offer practical help:*

A ride, a meal, or help with a task they've been avoiding.

Every touch-point reminds someone: "You matter. You're not alone."

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Announcement Script

(for Pastors, Leaders, and Platforms)

Announcement Script for Sunday / Gatherings

Good morning, family.

As we enter this holiday season, we recognize that while some are celebrating, many are carrying quiet burdens — grief, loneliness, stress, or uncertainty.

As a community rooted in love, we must face life's challenges together.

*So today, we invite you to join our
Holiday Touch-Point Challenge.*

Each week, we ask you to reach out to three people with kindness and care:

A text

A call

A card

A cup of coffee

A prayer

A moment of listening

If someone crosses your mind this week, that may be your prompting to reach out.

"We are made to have others at our side. No one should walk alone — especially during the holidays."

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Reflection Page

Who Needs Your Presence This Week?

Take a quiet moment to reflect:

Whose name comes to mind?

Who might be grieving, stressed, or lonely?

*Who has gone quiet on social media or
stopped coming around?*

Who is caring for others but has no one caring for them?

Write three names:

1. _____
2. _____
3. _____

Let this be the beginning of your touch-points this week.



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Bulletin Insert (half-page)

No One Walks Alone Holiday Challenge

This season, let's be intentional.

Each week, reach out to 3 people with kindness:

- ✓ A text*
- ✓ A call*
- ✓ Coffee*
- ✓ A card*
- ✓ A prayer*

Small touch-points bring warmth and hope.

Presence is the greatest gift.



No One Walks Alone Holiday Challenge

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- ✓ *A text*
- ✓ *A call*
- ✓ *Coffee*
- ✓ *A card*
- ✓ *A prayer*

*Small touch-points bring warmth and hope.
Presence is the greatest gift.*





SOCIAL MEDIA PACK (Copy/Paste Captions)

Post 1

This holiday season, reach out to 3 people each week.

A call. A text. A coffee. A prayer.

Small acts. Big impact.

#NoOneWalksAlone

Post 2

Some people smile in public and cry in private.

Your kindness could be the light they need.

Join the Holiday Touch-Point Challenge.

#Companionship #ReachOut

Post 3

Presence is the greatest gift.

This week, choose 3 people to check on intentionally.

#WalkBeside #HolidayChallenge

Post 4 (Stories)

Holiday Touch-Point Challenge

Reach out:

Call someone/Text someone/Pray for someone

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EMAIL TEMPLATE FOR CHURCHES / ORGANIZATIONS

Subject: Join Us — No One Walks Alone This Holiday Season

Dear Friends,

As we enter the holiday season, we recognize that while some celebrate, many others are facing loneliness, grief, or hardship. To remind our communities that they are seen and valued, we invite you to join our **Holiday Touch-Point Challenge**.

Each week, encourage your members to reach out to **three people** with kindness — a simple text, call, card, prayer, or moment of connection.

These small acts of presence bring warmth, hope, and encouragement during a time when many feel alone.

Thank you for helping us spread love and Compassion this season.

Because no one should walk alone.

Warmly,

SEE NEXT TEMPLATE TO BE SENT



Subject: Join Us — No One Walks Alone This Holiday Season.

Dear Friends,

As we enter the holiday season, we recognize that while some celebrate, many others are facing loneliness, grief, or hardship. To remind our communities that they are seen and valued, we invite you to join our Holiday Touch-Point Challenge.

Each week, encourage your members to reach out to three people with kindness — a simple text, call, card, prayer, or moment of connection.

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Thank you for helping us spread love and Compassion this season.

Because no one should walk alone.

Warmly,





Closing Page Call To Action

"Let's Live in Love This Holiday Season"

Your presence matters.

Your kindness matters.

Your voice matters.

Your compassion matters.

*Together, we can spread warmth, hope, and connection —
one touch-point at a time.*

Because No One Should Walk Alone.



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Pathways to Promise

About Pathways to Promise

Pathways to Promise equips faith communities and partners to support mental health, emotional wellness, and compassionate presence. "Through training, resources, and community collaboration, we bring the healing power of human connection to a world burdened by distress and loneliness — reminding every person that they are seen, valued, and never alone."

Learn more:

www.pathways2promise.org

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Holiday Touch-Point Challenge

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If your congregation or organization would like support in personalizing or implementing the Holiday Touch-Point Challenge, please reach out.

It would be my joy to assist you in creating meaningful moments of connection, compassion, and care during this season — ensuring that no one walks alone.

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