

The banner features a colorful, abstract background with vertical stripes in shades of orange, blue, green, and purple. At the top center is the CWS logo, which consists of a white circle containing a stylized human figure with arms raised. To the right of the logo, the letters 'CWS' are written in a bold, white, sans-serif font. Below the logo and 'CWS', the text 'COVID-19 21-DAY' is written in a large, white, sans-serif font. At the bottom of the banner, the words 'SOLIDARITY CHALLENGE' are written in a large, bold, yellow, sans-serif font.

CWS COVID-19 21-DAY SOLIDARITY CHALLENGE

From the entire CWS team, we want you to know that we are thinking of you. These are challenging and unpredictable times. At CWS we are choosing to channel our energy into education, advocacy and solidarity for local refugees, immigrants and asylum-seekers. We will be providing some in-home ways for you to stay involved!

We hope that these will be fun activities that you can do with those you are home with, and you can join our greater community virtually! If you are coming to the challenge late, have no fear! You can easily hop right in or start at your own pace. Join our 21-Day Solidarity Challenge [Facebook Group](#) for updates and videos from our team. You can find all our resources on our [website](#).

Day 1 Share on Social Media

Ready to get started? Head on over to your social media pages and invite your friends to get on board with the challenge! We are stronger together! The more people we include the stronger our solidarity.

The Challenge Today: Share on social media and make sure to tag @CWSLancaster

We have crafted the following script to help you get started:

“During these unsettling times, I [my family and I, my friends and I, my partner and I] have decided to partner with @CWSLancaster to boost solidarity in our community! It’s easy to get restless at home so we are putting our time to good use! We are choosing to channel our energy into education, advocacy and solidarity with local refugees, immigrants and asylum-seekers. Want to join? Visit www.facebook.com/groups/cws21daychallenge to get started!”

Day 2 Find a New Podcast

Head on outside for a walk or gather ‘round and turn on a Podcast! Did you know that CWS Lancaster has their own refugee stories for you to listen to? Check out [Footsteps](#) to hear more about the stories of local resettled refugees here in Lancaster!

The Challenge Today: Share which Podcast you listened to with the link so that others can listen!

Day 3 Begin Spring Cleaning

We are not accepting in-kind donations to our office currently. On the bright side, this is a great time to do some Spring cleaning. If you have items that are on our [accepted donations list](#), please consider setting them aside. We will be delighted to accept your donation once we are back up and running within our physical office. If you have any items in question, please feel free to reach out to Haleigh Whitney hwhitney@cwsglobal.org about which items we accept.

The Challenge Today: Take a look at our accepted Household Items List and then deep dive into some good ole Spring Cleaning! Use sticky notes to tag items that are good to go or create a pile of items to donate once our office reopens.

Day 4 Write a Postcard

Write a Postcard to your Member of Congress, (but don't lick the stamp). Keep it positive, keep it real, keep it uplifting!

The Challenge Today: Use the script below and get that postcard into the mail or send out an email to an elected official.

Script: "I'm your constituent from [CITY/TOWN] and I urge you to protect refugees and rebuild the U.S. refugee resettlement program by cosponsoring the GRACE Act (S.1088/H.R.2146). The GRACE Act would restore the refugee resettlement program to the historic average of 95,000 since the program's inception in 1980 and hold the administration accountable to operating the refugee resettlement program in good faith. My community welcomes refugees, and I urge you to reflect the best of our nation by cosponsoring the GRACE Act."

Local members of Congress:

Lloyd Smucker: (717) 393-0667 <http://ow.ly/zPvU50vfCZO>

51 South Duke St Suite 201

Lancaster, PA 17602

Pat Toomey (202) 224-4254 <http://ow.ly/CWws50vfCZQ>

United States Federal Building

17 South Park Row

Suite B-120

Erie, PA 16501

Bob Casey (202) 224-6324 <http://ow.ly/sNWx50vfCZP>

200 N Third St, Suite 14A

Harrisburg, PA 17101

GreaterAs1.org

Day 5 Practice Another Language

Refugees, Immigrants and Asylum-Seekers come from all around the world, many of them speaking numerous languages. Get in their shoes and try a new language today! We recommend apps like [Duolingo](#) to get you started.

The Challenge Today: Learn the following words in another language: Hello! Neighbor. Welcome! Hope. Peace. Love. Then share your new words with us on social media!

Day 6 Check Out Our Amazon Wishlist

Looking to support your refugee, immigrant and asylum-seeking neighbors? You are just one click away! If you would like to donate items, please consider donating via the CWS Lancaster [Amazon Wishlist](#). *With the health of our team in mind, we will no longer be receiving these items at our office. We have changed the address to a safe location where these donations will be received for the time being.*

The Challenge Today: Take a look at the Amazon Wishlist—are you able to purchase an item?

Day 7 Build Your Talking Points

Do you know your facts? Join us for a discussion on how to build your talking points!

The Challenge Today: Join Matt, our Refugee Community Organizer in an online discussion on how to build your talking points! Details to come on our 21-Day Challenge Facebook Group!

Day 8 Have a Movie Night Part 1

Refugee, Immigrant and Asylum-Seeker Movies and Documentaries

All Saints: [Amazon Prime](#), [Vudu](#), [YouTube](#), [Google Play](#)

After Spring: [iTunes](#), [Amazon Prime](#)

God Grew Tired of Us: [iTunes](#), [Amazon Prime](#)

Hotel Rwanda: YouTube, Amazon Prime, Google Play, Hulu, Sling TV

On Her Shoulders: YouTube, Google Play, Vudu, Amazon Prime

Green= Family Friendly, Yellow= Some Intense Elements, Red= Intense

The Challenge Today: Get your family together for a movie night to watch All Saints! Get ready for a special video from Elyse, our Community and Faith-based Resource Developer in an online discussion about the film. Details to come on our 21-Day Challenge Facebook Group!

Day 9 Pre-Order a New Book

Our very own, Resettlement Case Manager/Cultural Navigator, Omar Mohamed is coming out with his first graphic novel, "When Stars Are Scattered" that is available for [pre-order online](#) today!

Heartbreak, hope, and gentle humor exist together in this graphic novel about a childhood spent waiting, and a young man who is able to create a sense of family and home in the most difficult of settings. It's an intimate, important, unforgettable look at the day-to-day life of a refugee, as told to *New York Times* Bestselling author/artist Victoria Jamieson by Omar Mohamed, the Somali man who lived the story.

The Challenge Today: Pre-order Omar's book, or share with us another refugee novel for us to read!

Day 10 Practice Mindfulness

Today we encourage you to take some time to be still. Consider the global impact of COVID-19 not only on your local community but also on refugees and immigrants. Think about the ways that this crisis has caused you to slow down and be more focused on family time, reaching out to others and catching up on tasks you previously did not have time for.

The Challenge Today: Take time to contemplate all that you have learned so far during this challenge and during your time at home. Then, *wish* these gifts for others within your local, national and global community who may be struggling at this time.

Day 11 Lift Your Voice

Yay! You took time yesterday to think about your local, national and global community. Today we are getting right back at it and looking to inspire hope and solidarity with all our neighbors.

The Challenge Today: Pick up your phone and make a 30 second video about what you are grateful for today. Encourage your followers to do the same. Many of us are not “Stuck at Home” but rather, “Safe at Home.” How can you inspire your neighbors to follow suite with optimism?

Day 12 Become an Event Sponsor

We are looking forward to the days when we will be getting back to energizing the business community, and we invite you to partner with us in doing so. If you are a local business owner and want to brainstorm how we can ignite the local economy together post-COVID-19 let's talk! We would be delighted to help promote you and your business through event sponsorship.

The Challenge Today: Email Stephanie Gromek sgromek@cwsglobal.org for an update on our upcoming events and on how you and your business may be able to partner with CWS Lancaster.

Day 13 Check Out Our Website

Head on over to our website! It can be found at www.cwslancaster.org. The CWS Lancaster website is your go-to for all thing's local refugees, immigrants and asylum-seekers. Today we encourage you to ask questions!

The Challenge Today: We know that refugee and immigration issues can be tricky. We are your source for the answers! Find something on our website that intrigues you, hop onto our 21-Day Challenge Facebook group and ask us anything!

Day 14 Reflect, Pray and Meditate

Share a [reflection/prayer/mindful meditation](#) on Welcoming the Stranger in your spiritual tradition.

The Challenge Today: Get together with your family for a group prayer or meditate silently about our global situation. If you feel comfortable, write out your prayer and share it online and in our Facebook group!

Day 15 Make an Online Donation

[Online donations to CWS Lancaster](#) are a great way to support clients for the undoubted direct aide needs in the upcoming weeks and months. A gift of \$25 can provide a warm blanket and bedtime story for a child in need of comfort. A gift of \$50 can provide consultation with our immigration and legal services program. A gift of \$250 can provide ESL instruction and job orientation for the workplace. A gift of \$500 can provide employment preparation, job instruction and placement. Our office has

continued to run remotely, and these services are just as or if more important during the time of COVID-19.

The Challenge Today: Are you able to consider making an online donation to CWS?

Day 16 Read a Good Book

We hope that you are finding time to read and reflect while you are at home! Here are some suggestions from us:

Books on the Refugee/Immigrant Experience

[*A Hope More Powerful Than the Sea: One Refugee's Incredible Story of Love, Loss, and Survival* by Melissa Fleming](#)

[*Between Shades of Gray* by Ruta Sepetys](#)

[*Brothers of the Gun – A Memoir of the Syrian War* - by Marwan Hisham](#)

[*Call Me American* by Abdi Nor Iftin](#)

[*City of Thorns* by Ben Rawlence](#)

[*Displaced: Refugee Writers on Refugee Lives* by Viet Thanh Nguyen](#)

[*Enrique's Journey* by Sonia Nazario](#)

[*Exit West* by Mohsin Hamid](#)

[*Homes: A Refugee Story* - by Abu Bakr al Rabeeah](#)

[*Love Thy Neighbor – A Muslim Doctor's Struggle for Home in Rural America* by Ayaz Virji](#)

[*Once We Were Strangers* - Shawn Smucker](#)

[*Sweetness in the Belly* by Camilla Gibb](#)

[*The Amazing Adventures of Kavalier and Clay* by Michael Chabon](#)

[*The Bee Keeper of Aleppo: A Novel* by Christy Lefteri](#)

[*The Boat People* by Sharon Bala](#)

[*The Fox Hunt: A Refugee's Memoir of coming to America* by Mohammed Al Samawi](#)

[*The Girl Who Smiled Beads* by Clemantine Wamariya](#)

[*The Good Immigrant: 26 Writers Reflect on America* by Nikesh Shukla](#)

[*The Monk of Mokha* by Dave Eggers](#)

[*The Refugees* by Viet Thanh Nguyen](#)

[The Ungrateful Refugee: What Immigrants Never Tell You](#) by Dina Nayeri

[To Stop a Warlord](#) by Shannon Sedgwick Davis

[We Crossed a Bridge and It Trembled: Voices from Syria](#) by Wendy Pearlman

[What is the What](#) by Dave Eggers

Graphic Novels on the Refugee/Immigrant/Asylum Seeker Experience:

[Illegal](#) by Eoin Colfer

[The Best We Could Do: An Illustrated Memoir](#) by Thi Bui

[The Unwanted: Stories of the Syrian Refugees](#) by Don Brown

[Undocumented: A Worker's Fight](#) - by Duncan Tonatiuh

[Zenobia](#) – By Morten Durr

[When Stars are Scattered](#) by Victoria Jamieson and Omar Mohamed (Published April 14, 2020)

Books for Young Adults

[A Land of Permanent Goodbyes](#) by Atia Abawi

[A Long Walk to Water: Based on a True Story](#) by Linda Sue Park

[Escape from Aleppo](#) by N. H. Senzai

[How Dare the Sun Rise: Memoirs of a War Child](#) by Sandra Uwiringiyimana

[In the Sea There are Crocodiles](#) by Fabio Geda

[Nowhere Boy](#) by Katherine Marsh

[Outcasts United: An American Town, a Refugee Team, and One Woman's Quest to Make a Difference](#) by Warren St. John

[Refugee](#) by Alan Gratz

[The Night Diary](#) by Veera Hiranandani

[The Red Pencil](#) by Andrea Davis Pinkney

[We Are Displaced: My Journey and Stories from Refugee Girls Around the World](#) by Malala Yousafzai

Children's books

[Four Feet, Two Sandals](#) by Karen Williams and Khadra Mohammed

[My Two Blankets](#) by Irena Kobald

[Sea Prayer](#) by Khaled Hosseini

[The Journey](#) by Francesca Sanna

[I'm New Here](#) by Anne Sibley O'Brien

The Challenge Today: Order these books online or get reading if you already own any of these stories. We especially recommend, *Once We Were Strangers* by our local partner, Shawn Smucker. [Order yours today!](#) Check out our Facebook Group for more details on a book discussion.

Day 17 Have a Movie Night Part 2

Refugee, Immigrant and Asylum-Seeker Movies and Documentaries

All Saints: Amazon Prime, Vudu, YouTube, Google Play

After Spring: iTunes, Amazon Prime

God Grew Tired of Us: iTunes, Amazon Prime

Hotel Rwanda: YouTube, Amazon Prime, Google Play, Hulu, Sling TV

On Her Shoulders: YouTube, Google Play, Vudu, Amazon Prime

Green= Family Friendly, Yellow= Some Intense Elements, Red= Intense

The Challenge Today: Get your family together for a movie night to watch *On Her Shoulders*! Get ready for a very special video with Matt, our Refugee Community Organizer in an online discussion about the film. Details to come on our 21-Day Challenge Facebook Group!

Day 18 Call Your Members of Congress

It's time to take action! You are more than ready to advocate for your refugee and immigrant neighbors. It's already day 19! Pick up that phone and explain why refugees and immigrants are an integral part of our local community.

The Challenge Today: Use the script below and call your Members of Congress to advocate for a higher refugee admissions number.

Script:

“I’m your constituent from [CITY/TOWN] and I urge you to protect refugees and rebuild the U.S. refugee resettlement program by cosponsoring the GRACE Act (S.1088/H.R.2146). The GRACE Act would restore the refugee resettlement program to the historic average of 95,000 since the program’s inception in 1980 and hold the administration accountable to operating the refugee resettlement program in good faith. My community welcomes refugees, and I urge you to reflect the best of our nation by cosponsoring the GRACE Act.”

Local members of Congress:

Lloyd Smucker: (717) 393-0667 <http://ow.ly/zPvU50vfCZO>,

Pat Toomey (202) 224-4254 <http://ow.ly/CWWs50vfCZQ>

Bob Casey (202) 224-6324 <http://ow.ly/sNWx50vfCZP>.

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Day 19 Check Out a TED Talk

Choose from any of these great TED Talks

[What does it mean to be a refugee](#)

[Don't Feel Sorry for Refugees, Believe in Them](#)

[Life and Inspiration in the World's Largest Refugee Camp: Moulid Hujale](#)

[Promise and Opportunity. From Refugee to Building up a Life: Parweez Koehestanie](#)

[Being a refugee is not a choice: Carina Hoang](#)

[Caring for 90,000 Refugees – The Story of Somalia's Hope Village: Deqo Mohamed](#)

[Refugees Starting Over: Kathryn Stam](#)

[Integrative Thinking and Solutions for Refugees: James Milner](#)

[A Refugee's Dream: Saba Abraham](#)

[A Young Poet Tells the Story of Darfur](#)

[Let's Help Refugees Thrive, Not Just Survive](#)

[Why I Fight for the Education of Refugee Girls \(like me\)](#)

[Refugees Want Empowerment not Handouts](#)

[My Immigration Story](#)

[Refugees Have the Right to be Protected](#)

[What Refugees Need to Start New Lives](#)

The Challenge Today: Watch one of these TED Talks (or as many as you would like) and recommend it to a friend! Share on our page which TED Talk you watched and share your thoughts!

Day 20 Build Welcome Kits

Although new refugee arrivals are on hold due to COVID-19, we are looking forward to welcoming them shortly after our office reopens—and with that we are restocking our supplies. We encourage you to order items online and create [Welcome Kits](#) with your family, friends, partner and whoever you are at home with! We will absolutely need these items when our new neighbors finally are here in Lancaster.

The Challenge Today: Talk with some of your family members and see if anyone wants to gather some kits with you then see what items from our Welcome Kits you already have in your home! Missing items? Start searching online to fill the gaps. Take photos and share your kit building with us!

Day 21 Make an Uplifting Video

We did it! You are on the 21st day! Today we encourage you to make a video about what you have learned through this challenge.

The Challenge Today: Grab your phone, a family member and record a video! Tell the world why you support refugees and immigrants in our local community! Then share it on [social media](#). Make sure to tag @CWSLancaster. We can't wait to see these!