



CELEBRATE EACH OTHER

THE FRUITFUL SUMMER GUIDE

week four



#FRUITFULSUMMER
LARACASEYSHOP.COM



TEND TO WHAT MATTERS

This summer

INSIDE WEEK FOUR:

HOW TO CELEBRATE FRIENDS

SUMMER ACTS OF KINDNESS

THE FRUITFUL SUMMER PHOTO LIST!

AN INSTAX CAMERA GIVEAWAY

THANK YOU CARDS FOR YOUR FRIENDS - *printables!*

FRESH ART PRINTS FOR YOU AND YOUR FRIENDS - *printables!*



MISSED WEEK THREE? GET IT HERE.

LET'S DO LIFE TOGETHER



As the sun set behind the Carolina pines last night, Ari and I sat with friends and talked about friendship, loving others well in times they experience grief or challenges, mistakes we have made in relationships, and what will matter most when we, Lord willing, reach the ripe age of eighty. What will matter to you then?



A bigger question: **what won't matter to you when you're eighty?** Will that thing that's keeping you up at night still matter? Will the number of followers you have on social media matter? Will comparison or striving for perfection matter? Will all the *things* matter?



Or will people matter—relationships and intentional connections cultivated over time? What will matter most to **you** when you're eighty? Live like it today. **Celebrate and cultivate what you want to see more of.** My hope is that this week's Fruitful Summer Guide, video, and downloads help you to do just that!



Let's make what matters happen this week and use our time on purpose —together.

Love,

A handwritten signature in black ink, appearing to be 'JL'.

**WIN AN
INSTAX CAMERA!
DETAILS AHEAD...**



THIS WEEK'S *fruitful* CONTRIBUTORS



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The background features a watercolor-style illustration of various fruits and bees. At the top left, there is a slice of watermelon and a whole orange. To the right, a strawberry is shown. Further right, a bee is on a green leaf, with another strawberry below it. On the left side, another bee is on a leaf. At the bottom left, there is a slice of watermelon, a pear, and a pink rose. In the center bottom, there is a sliced orange and another strawberry. At the bottom right, there is a whole pear and a bee on a leaf.

CELEBRATING FRIENDS

CREATE NEW TRADITIONS & SHOW
FRIENDS YOU VALUE THEM

plus
FRUITFUL ACTS OF KINDNESS!



ONE OF MY MOST FAVORITE WAYS TO CELEBRATE MY FRIENDS IS THROUGH THE LOVE LANGUAGE OF SURPRISES! Whether it's sending an unexpected snail mail package of treats to a friend just because or flying cross-country to visit someone on a whim, a well-executed surprise shows so much love and intention. Even a surprise that doesn't go as planned means just as much—the thought and care behind good intentions to celebrate a friendship never go unnoticed! **RHI**

Blair (my hubby) and I are growing our “couple friends” group and **IT'S SO MUCH FUN TO GET TOGETHER FOR BIRTHDAYS, HOLIDAYS, AND ANYTHING WE CAN THINK OF TO CREATE MEMORIES.** We all pitch in with hosting and bringing items so no one couple has to foot the entire bill. When Blair and I host, he puts his love for grilling to use, and I put my event planner touch on all of the corresponding pieces. There isn't anything better than face-to-face conversation and food that fills your soul. **CHRISTINA**



What are your favorite ways to celebrate friends?

I love celebrating my friends by showing up, surprising them, and supporting them during important moments. I love writing them cards or notes and leaving them little presents that made me think of them. **EVEN WHEN I AM PRESSED FOR TIME, A QUICK AND EASY WAY TO CELEBRATE SOMEONE IS THROUGH A THOUGHTFUL TEXT LOADED WITH EMOJIS!!**



Being really intentional when you spend time together is my favorite way to celebrate my friends. To me, that means giving them all of my attention and not just glossing over what they have to say. **I ALSO REALLY LOVE TO COOK FOR MY FRIENDS AND DEMONSTRATE MY LOVE BY MAKING A MEAL FOR THEM.** I love planning girls' nights out—or in! Sometimes, that includes renting rom-coms or binging on Netflix shows while enjoying our favorite snacks. Other times, we get all dressed up and head to a fancy restaurant. **RANDI**



MAGHON



THE FRUITY LIBRARY OF INSTAGRAM GRAPHICS

NEW ADDITIONS!

click each to download and share the love!



ONE OF MY FAVORITE WAYS TO CELEBRATE MY FRIENDS IS TO SURPRISE THEM WITH SMALL GIFTS THAT I KNOW THEY WILL ENJOY, JUST BECAUSE. They aren't expensive, just little things I come across that I can pop in the mail or give when I see them that show my friends how much they mean to me. I'M A HUGE FAN OF HAPPY MAIL AND THE POWER OF A HANDWRITTEN NOTE. I started



keeping an address book so I can surprise my friends without asking for their addresses. VALERIE

A celebratory trip to a restaurant is always a great idea, and IF I'M TREATING A FRIEND, I ALWAYS INSIST THAT THEY ORDER A DESSERT COURSE. What's a celebration without a little sweet treat? Sometimes, it's enough to just spend time together with no agenda. Life is so full of times that we're busy, so my favorite way to spend time celebrating is just to get together, be in the same room, and take our time. BECCA



What are your favorite ways to celebrate friends?



I love celebrating friends with a meaningful little something—even if it's just a cup of coffee and a bouquet of flowers after a hard day. However, I DON'T THINK WE CAN UNDERESTIMATE THE POWER OF BEING GENEROUS WITH OUR WORDS. We may think that our friends know that we love them and are proud of them, but I am asking God to continue to work in me to make me more generous with my compliments, encouragement, and verbalizing my love for my friends. When there is something good to be said, don't hold back! SHAY

Show up! I listen when friends are telling me about their next big thing (meeting, presentation, event) and then I show up. That may mean CHERING HER ON FROM THE FRONT ROW OR SHOWING UP THE NIGHT BEFORE WITH A PIZZA AND AN OFFER TO HELP FINISH LAST-MINUTE DETAILS. Oftentimes, it involves helping with things that don't necessarily interest you, but knowing you're there will mean the world to your friend. ASHLEE



WATCH
THIS WEEK'S
VIDEO





Sending letters and postcards are great ways to show your friends their value to you because it takes a little bit of effort. **ASKING ABOUT BOTH THE FUN AND NOT-SO-FUN PARTS OF THEIR LIVES SHOWS THAT YOU'RE REALLY INVESTED IN MAINTAINING A FRIENDSHIP.** Your relationship will become deeper and more meaningful when you're invested in their hopes and dreams. Praying for and with friends is another awesome way to make them feel valued. **RANDI**



This may sound obvious, but **SHOWING UP IS EXTREMELY IMPORTANT WHEN MAKING FRIENDS FEEL VALUED.**

Calendars can get out of control and, unfortunately, sometimes it's tempting to cancel or reschedule time you've set aside to spend together. Although I've been guilty of this, I realize how important it is to keep plans and make sure my friends know I'm not going to cancel on them. **WHEN I AM WITH MY FRIENDS, PRACTICING**



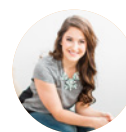
BEING PRESENT GOES A LONG WAY. No one wants to feel like they're having a conversation with someone who is looking at their phone and not paying attention. These are simple things, but I think they have a huge impact on all relationships. **VALERIE**

TELL THEM HOW MUCH YOU LOVE THEM. I speak the words to my friends that I love them, I am grateful for them, and I am proud of the women they are. **MAGHON**



What are simple things you can do to make your friends feel valued?

REMEMBERING BIRTHDAYS AND ANNIVERSARIES, BEING INTUITIVE WHEN A FRIEND MAY NEED YOU MORE THAN USUAL, REACHING OUT FOR SMALL TALK AND TO LEND AN EAR, BEING ACCEPTING AND ENCOURAGING, SHOWING UP—these are such simple ways to let a friend know how valuable they are. As much as I love a good surprise, and it sounds rather glamorous to hop on a plane and show up on a friend's doorstep five states away, a simple phone call to a friend, amongst the busyness of life, can really mean the world. **RHI**



A friend of mine recently dropped off some treats and a note on my doorstep that explained how **SHE AND HER HUSBAND WERE COMMITTING TO PRAY FOR MY FAMILY AND I FOR A YEAR**, and that at the end of each month, she would be sending a little treat our way with an explanation of what they had been praying for us. I was blown away by the thoughtfulness. I like to make room to spend time with my friends, whether that be in person or on a Skype call for a virtual coffee date. Respond to her text message. Genuinely ask how she is doing and then listen. **CHEYENNE**



ASK QUESTIONS AND LISTEN MORE THEN YOU SPEAK.



Phil 2:3-4 provides an amazing guide to making other people feel valued. "But rather in humility, value others above yourself. Not looking to your own interests but also to the interests of others." Asking questions communicates that we are more interested in their needs than our own. How is your marriage doing? What are you struggling with these days? How can I pray for your children? These are the questions that my most deep and meaningful friendships are built on. **SHAY**

What are simple things you can do to make your friends feel valued?

With busy schedules and friends in different states, it can be hard to get together. Sending a random text message from my devotional or just to say hello while I am sitting in the airport, waiting on a meeting, or eating my lunch may be just the small act of kindness a friend needed that day. **I SURPRISE MYSELF WITH HOW MUCH A FRIEND MAY ACTUALLY NEED TO CHAT, AND HOW GOOD IT IS FOR ME, TOO.** **CHRISTINA**



I LOVE TO CELEBRATE THE ACCOMPLISHMENTS OF MY FRIENDS ON SOCIAL MEDIA.

So many of them do such amazing things and they're too modest to toot their own horns. I'm also a big fan of a random, unsolicited text message with positive encouragement and kind words. I feel like a million bucks when I receive a kind text message that I'm not expecting, so I try to remember to give others the same little boost. How cool is it that we live in an age where we can send instant notes to people even when they're three time zones away?! I may not be able to show up on my friend's doorstep with chocolate cake, but I can always shoot her a message to say I'm thinking about her! **BECCA**

Make what matters happen with POWERSHEETS.




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Once a month or so, a group of girlfriends and I get together after the babies have all been put to sleep for a late dinner or dessert, just to **CATCH UP ON LIFE AND LAUGH UNTIL IT HURTS**. I treasure those evenings! **CHEYENNE**



 My college friends and I always spend Homecoming together. It's a great time to hang out and revisit our old stomping grounds. We also started a tradition of celebrating New Year's Eve together during college, and we still try keep the tradition going. With my friends from home, we try to meet up at least once a year to hang out. The distance can make it difficult, but group texting and video conferencing has definitely made it easier to communicate with my long-distance friends. **GRABBING COFFEE, HAVING MOVIE NIGHTS, AND MEETING FOR BIBLE STUDY ARE WEEKLY TRADITIONS THAT I HAVE WITH MY AMAZING FRIENDS RIGHT HERE IN THE TRIANGLE.** **RANDI**



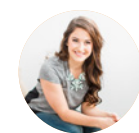
MY BEST FRIEND AND I HAVE A SIGNATURE "BESTIE" POSE THAT WE BREAK OUT FOR PHOTOS. If you look back at our decade of friendship, we can be seen bestie posing at every single Christmas, both of our weddings, a National Championship, and the finish line of a half marathon, just to name a few. **MAGHON**

What are some traditions you have with friends?

My friends and I make a point to all come together for **A WEEKEND IN THE MOUNTAINS EACH YEAR**. We cook together, explore the local town, play board games, and relax. **ASHLEE**



I have a core group of girlfriends that I grew up with, and since we all have gone separate ways since high school, it can be really tricky to get together! **WE TRY OUR VERY BEST TO KEEP A RUNNING ONLINE MESSAGE BOARD OF WHEN WE ARE ALL GOING TO BE HOME SO THAT WE CAN SCHEDULE DINNER OUT TOGETHER.** When we do, it always turns into a late night of reminiscing, laughing, and thinking about how in 20 years, we will be telling the same stories over and over again. **TRADITIONS DON'T HAVE TO BE FANCY. SOMETIMES THE SIMPLE ONES ARE THE VERY BEST.** **RHI**



FREE PRINTABLE for you and your friends!



Celebrate each other

#FRUITFULSUMMER



My best friends from elementary school and I get together once a year to rest and reconnect. **WE ALWAYS GET EACH OTHER MATCHING PAJAMAS AND ORDER ROOM SERVICE!** There is nothing like spending time with someone who knew you when you had braces and a home perm! **ERIN**

The “tradition” I hold the most dear is my Wednesday morning “meeting” with my best friend, Ashlee. **DESPITE SEEING EACH OTHER IN PASSING MULTIPLE TIMES A WEEK, WE HAVE TO FIGHT TO SET ASIDE SPECIAL TIME TO TALK ABOUT THE THINGS THAT MATTER THE MOST.** We meet on Wednesday mornings while the house is quiet and the kids are still asleep. She usually has a cup of coffee in hand ready for me and we take one quiet hour to talk through how we can pray for each other in the areas of marriage, business, parenting, and spiritual growth. Even after being friends for over ten years, doing life together intentionally has proved to be so vital. **SHAY**



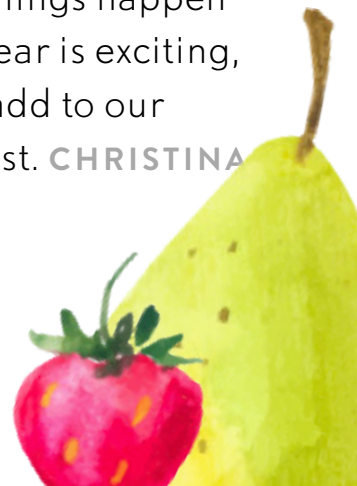
A monthly lunch, Black Friday shopping, and **BIRTHDAY DINNER CELEBRATIONS** are some of the traditions I have with friends. **VALERIE**

What are some traditions you have with friends?



Blair and I love our friends! We dress up for Halloween and tacky Christmas sweater parties. Friendsgiving is growing each year and I love that we have a little “family” that we can do life with. **WE SEEM TO HAVE AT LEAST ONE GET-TOGETHER EACH QUARTER, AND OUR REASONS TO ADD MORE ARE GROWING.** The fact that these things happen year after year is exciting, and fun to add to our traditions list. **CHRISTINA**

My favorite traditions include cooking together, curling up on the sofa for college football, or treating ourselves to a mani/pedi after a lengthy stretch of work. My favorite tradition of all is one that I keep with my cousin, Starley. **WE’VE MADE A PROMISE TO TAKE A TRIP TOGETHER EVERY FIVE YEARS FOR AS LONG AS WE’RE ALIVE AND ABLE!** We want to invest in that time together no matter how old we get or how busy our lives become. We’re dying to go to Ireland someday and we’re coming up on the next five-year trip very soon! **BECCA**



WE ASKED YOU ON INSTAGRAM:

WHAT ARE *MEANINGFUL THINGS*
FRIENDS HAVE DONE FOR YOU?

@JULIECBARNHILL: My BFF was kind enough to puppy sit and house sit when I was on my honeymoon. As a frantic DIY bride, I had absolutely wrecked my house leading up to the wedding (dishes, clothes, crafts EVERYWHERE!).

My husband and I came home from the honeymoon to a perfectly clean house!!

@LIFEBEAUTIFUL1: My friends presented me with a care package and card in an effort to “pick me up” when I had been poring into an emotionally deficit relationship. A few days later, I finally found the courage I needed to end the relationship, as *their unexpected and kind gesture encouraged me and reminded me of my value.*

@JOYFULHOKIE: *A friend surprised us with gift certificates during a hard time. I will never forget that!*

@KAYLAJNELSON: My friend and her mom made my family a couple of meals and brought them over for us since my hubs is on annual tour with the USAF.

@RACHELJACOBUS: *When I was struggling with grief a friend came over and pulled me off the couch and into the yard with ice cream. :)*

@LIGHTSEEKER3: *Listening without trying to solve anything for me, but ready to offer advice when I ask.*

@CHELSEEVERHAGE: Several of my bridesmaids (and closest friends) have asked what they can do to help during these last few weeks before our wedding. Even though they're miles (sometimes states) away, I know they genuinely want to help, and just *their offers during a chaotic time have meant more than I can fully express!*

@GEOMYRALEWIS: *Prayed for me without asking.*

@ECENOCKSON: As a single gal, *I am blessed beyond measure when friends invite me over*, even when their house is messy and the kids are throwing food on the floor. True community doesn't look for excuses but invites people where they are to do life together.

@ALLBEFORETHIRTY: *A friend sat up all night, crying and praying with me!*

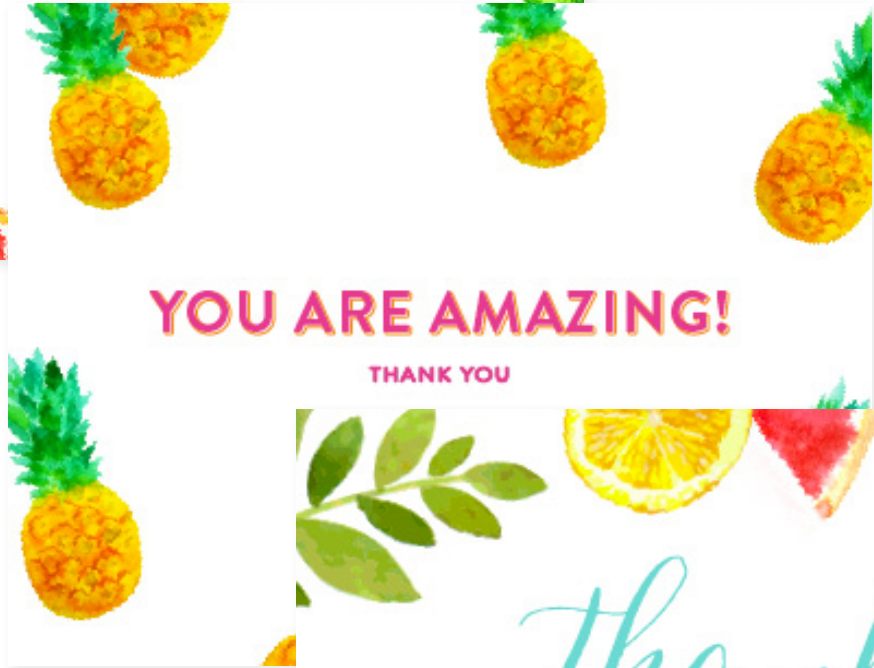


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WE ASKED YOU ON INSTAGRAM:

HOW DO YOU TAKE A
FRIENDSHIP FROM **SURFACE**
LEVEL TO DEEPENED?

@TRACIO213: If I know a friend has been dealing with something hard, I try not to tiptoe around it — *I ask them straight-up, how are you feeling about this?* How are you coping with this? What can I do to help? It strengthens our connections when we don't try to avoid the hard things, but instead, embrace them together.

@ECENOCKSON: *Spend quality time together.* I've found that road trips are often the best way to deepen a friendship. Sometimes, the best and truest things are said when traveling in the car to a great adventure!

@PARABLE_PROJECT:
*Inquire about what they
talk about the most.*

@ELIZABETHMAXON: *Don't
try to have all the answers.
Keep asking questions together.*

@7NELLA7: Ask questions.
*Be willing to be real and
share about yourself.* Listen.
Encourage. Don't rush it.
Prove yourself trustworthy
and don't talk about other
friends. Love well!

@EMILYAYERTHOMAS:

*When you invite someone
into your space, you're
giving her the chance to
(literally) see what you
value and how you live on
a day to day basis.* I feel so
much closer to friends after
I've had a chance to see the
environment they create for
themselves and the things
they surround themselves
with!

@AMYMARIEHANN: Allowing
them to *see your messy.*

@HAPPY_LITTLE_LOVELIES:
*Go out of my way to serve
them sacrificially.*

@LISAJANELKIRK:
*Be part of each other's
lives consistently.* Seeing
a friend frequently or on a
routine basis makes it so
much easier for me to go from
"acquaintance-ship" to true
friendship.

FRUITFUL ACTS OF KINDNESS



From our friend, Carrie!

1. Leave flowers on a friend's car
2. Hand write a card to a friend who needs it.
3. Send a quick text message to let someone know that you are thinking of them.
4. Mail someone their favorite candy with a little note of encouragement.
5. Call a long-distance friend out of the blue.
6. Treat a friend to coffee or lunch.
7. Ask a neighbor to join you for a walk.
8. Bake cookies for a friend.
9. High five someone and tell them to just keep going.
10. Leave a treat on a coworker's desk.
11. Share the produce from your garden.
12. Compliment a friend.
13. Introduce two of your friends who don't know each other.
14. Invite a friend to join you on a mundane errand—grocery shopping is more fun when done together!
15. Hug a friend! Hugs are said to increase your lifespan by three minutes, so get to hugging!

PRINT THIS LIST!





FRUITFUL ACTS OF KINDNESS

From our contributors

Sending each other surprises in the mail! One of my favorite parts of owning a stationery business is getting to be in on the little secrets when my clients order special gifts for their friends. **MAGHON**

If I know a friend of mine is struggling with something I love to send them one of my favorite books that I found helpful, or send them a tiny bouquet of flowers. **ERIN**

I'm avid baker and I love showing up to a friend's house and surprising her with a sweet treat for us to enjoy! Everything's better with sprinkles on top, right? **ASHLEE**

My business partner, Betsy, and I always know when the other one needs a pick-me-up. It means the world when she texts me in the morning to say "Heading to Dunkin' Donuts...small black iced?" I make sure to do the same for her. Every once in a while, there's a donut with that coffee too! **BECCA**

I try to do something practical to help when I know a friend has an immediate need, like coordinating a meal calendar for a friend in a busy season, dropping off a care package for an overdue mama-to-be who needs encouragement to hang in there, or sending an online gift card for a coffee to a friend studying for finals. **CHEYENNE**

I think some of the most meaningful acts of kindness are the ones that show that you have been listening. Holding a crying baby so that a weary friend can shower or making a meal for a friend who is feeling under the weather are all beautiful ways to say, "I care about you and I'm here to help." **SHAY**

THE
#FruitfulSummer
CAMERA
GIVEAWAY!



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*by sharing your
#FruitfulSummer pics on Instagram!*

WINNER ANNOUNCED JULY 15TH @LARACASEYSHOP



THE #Fruitful Summer PHOTO CHALLENGE



Snap a photo of these Fruitful Summer activities, and tag #FruitfulSummer. The more photos you share, the more entries you'll have in our INSTAX CAMERA GIVEAWAY and, more importantly, the more fruitful adventures you'll have shared with others!

1
SEND A
HANDWRITTEN
NOTE TO A FRIEND
IN THE MAIL

2
SEE SOMETHING
BEAUTIFUL
TOGETHER

3
SHARE A FAVORITE
FRIENDSHIP MEMORY

4
WALK, HIKE,
SWIM, OR BIKE
WITH A FRIEND

5
ENJOY A COFFEE OR
LUNCH DATE

6
SHARE THE
PRODUCE FROM
YOUR GARDEN

7
ENJOY A NEW
TRADITION WITH
YOUR FRIENDS

8
BAKE UP SOME
GOODIES AND DROP
THEM OFF AT A
FRIEND'S HOUSE

9
COMPLETE A
FRUITFUL ACT OF
KINDNESS

10
PRINT A FAVORITE
PHOTO AND SEND IT
TO A FRIEND

11
HOST A FRUITFUL
SUMMER MEEETUP

12
SURPRISE SOMEONE
WITH THEIR FAVORITE
SNACK OR DRINK

13
EXPLORE THE
FARMER'S MARKET
TOGETHER

14
SHARE A MEAL
WITH A FRIEND

15
GIVE A FRIEND
ENCOURAGEMENT
ON INSTAGRAM

16
SEND THREE
FAVORITE RECIPIES
TO A FRIEND

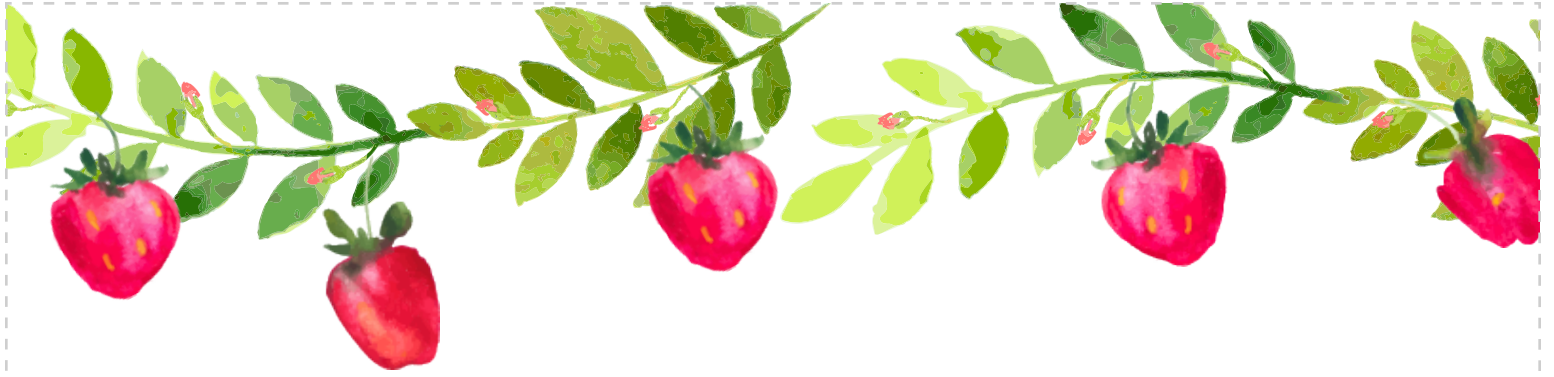
17
LEARN
SOMETHING NEW
WITH A FRIEND

18
PICNIC, BBQ,
OR SIP SWEET TEA
WITH OTHERS

PRINT THIS LIST!



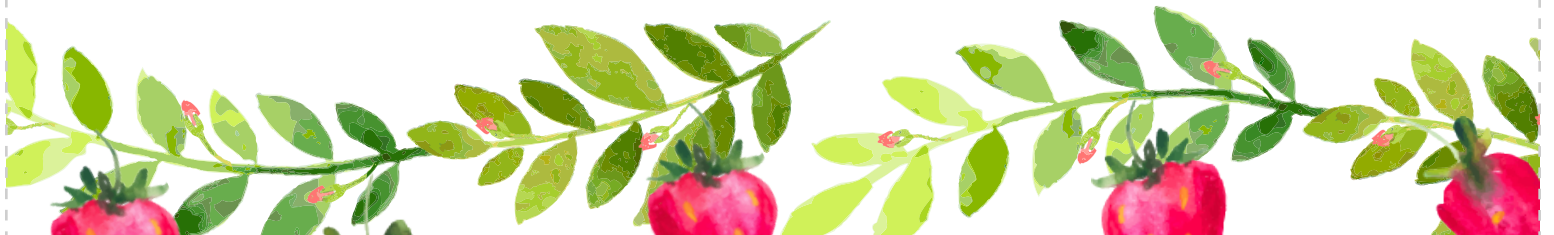
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LOVE IS PATIENT, LOVE IS KIND.
IT DOES NOT ENVY, IT DOES NOT BOAST,
IT IS NOT PROUD. IT DOES NOT DISHONOR OTHERS,
IT IS NOT SELF-SEEKING, IT IS NOT EASILY ANGERED,
IT KEEPS NO RECORD OF WRONGS.
LOVE DOES NOT DELIGHT IN EVIL
BUT REJOICES WITH THE TRUTH.
IT ALWAYS PROTECTS, ALWAYS TRUSTS,
ALWAYS HOPES, ALWAYS PERSEVERES.
LOVE NEVER FAILS.

(1 CORINTHIANS 13:4-8)

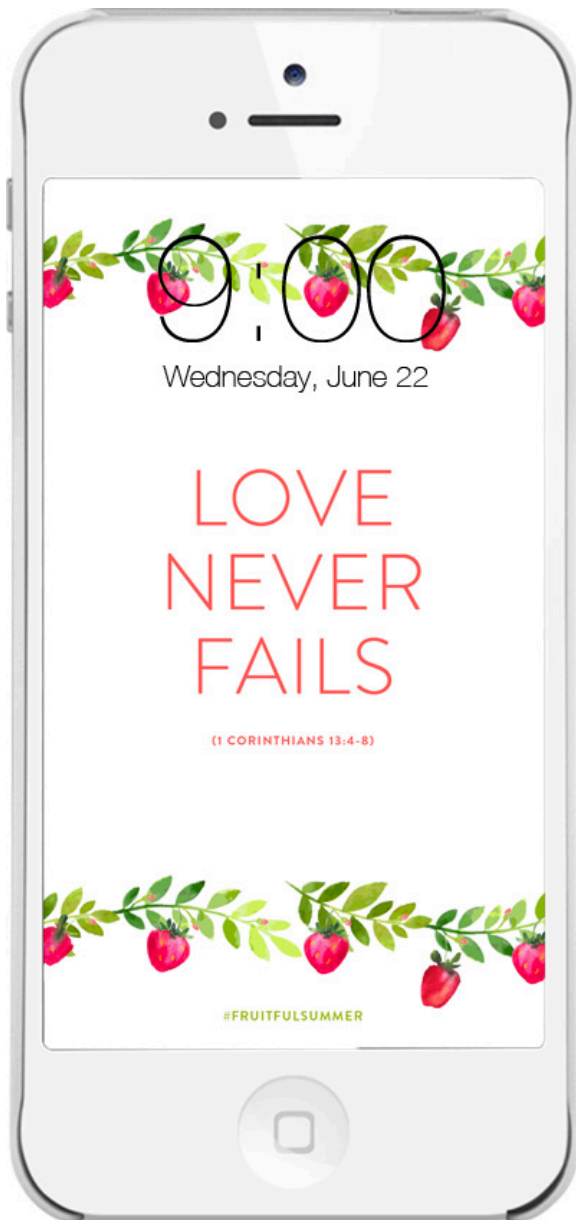
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#Fruitful Summer

SEND THIS TO A FRIEND & ENJOY IT TOGETHER

OUR FINAL WEEK OF FRUITY GOODNESS IS AHEAD NEXT WEEK!