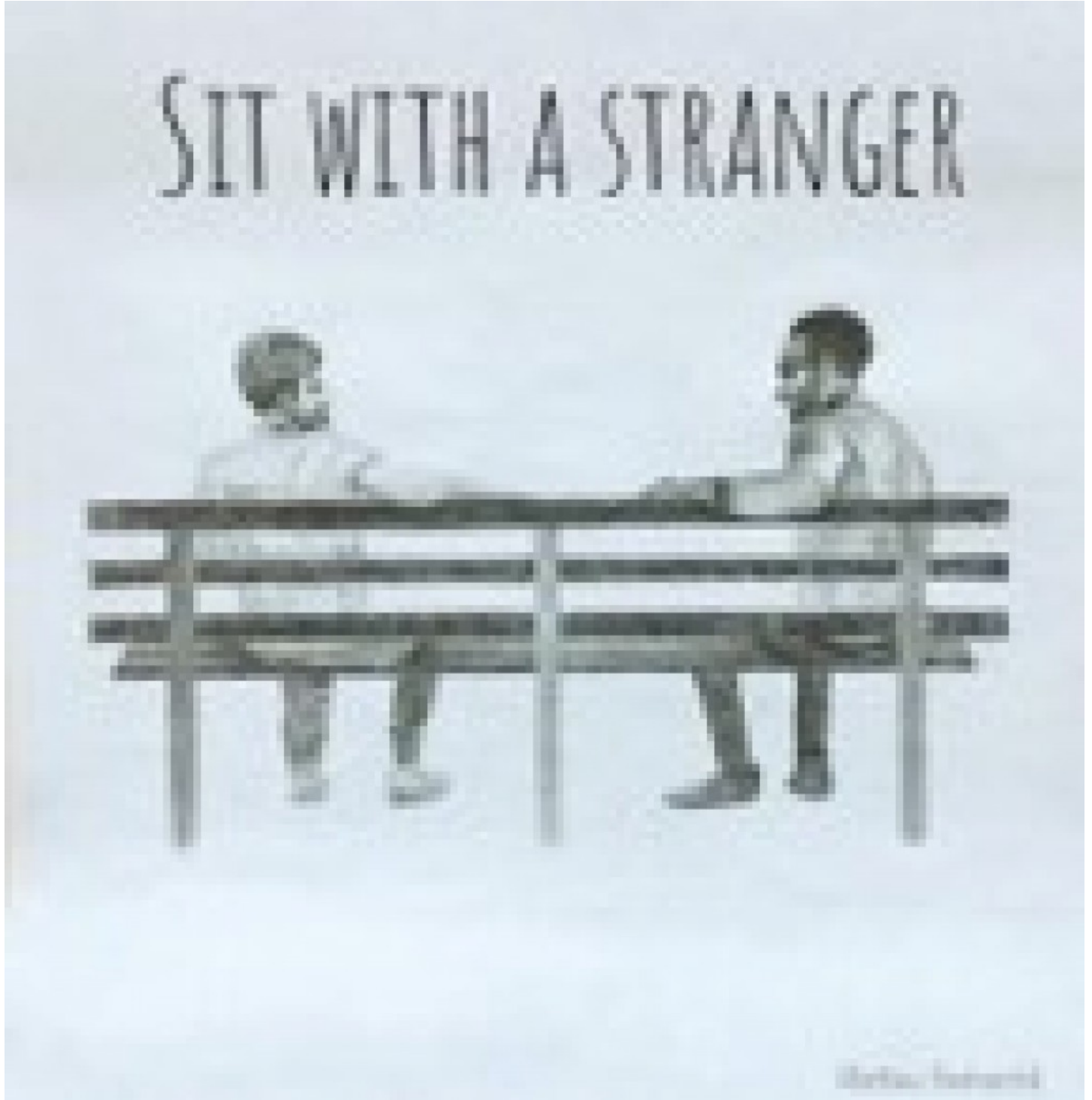


National Sit With a Stranger Day Invites People to Put Down Their Phones and Start a Conversation Sept. 16

The annual observance created by BDOPE Water encourages simple, face-to-face connections with someone new.



Detroit, Michigan Sep 4, 2026 ([IssueWire.com](http://www.IssueWire.com)) - On September 16, people around the world are invited to do something increasingly unusual: put down their phones, look up and start a conversation with someone they do not know.

The invitation is part of [National Sit With a Stranger Day](#), an annual observance created by BDOPE Water and officially recognized by the National Day Archives. The idea is deliberately simple: say hello, ask someone how their day is going, and take a moment to listen.

These days, people connect through screens but feel disconnected from each other. Sit With a Stranger Day offers a small, accessible way to prioritize in-person human contact. Participation does not require an event, registration, or purchase. A conversation in a coffee shop, a smile while waiting in line, or an introduction to the person sitting nearby can be enough.

“We live in a time when it’s easy to focus on what separates us, but sometimes all it takes is one conversation to remind us how much we actually have in common,” said JonPaul Wallace, a Detroit musician. “Sit With a Stranger Day is about reaching out to someone you don’t know with no agenda and no judgment. Just talk, listen and connect. We may realize that we’re a lot more alike than we thought.”

The observance also reflects BDOPE’s broader mission to help combat loneliness and encourage hope, creativity and meaningful connection. By inviting people of different ages, races, backgrounds and experiences to approach one another with curiosity, Sit With a Stranger Day encourages participants to focus on the humanity they share.

How to Participate on September 16

People can take part wherever they are:

- Put down your phone and look up.
- Smile or say hello to someone you do not know.
- Start a conversation while waiting in line or sitting nearby.
- Ask someone how their day is going and take time to listen.
- Share the experience using **#SitWithAStrangerDay** [@bdopewater](#)

National Sit With a Stranger Day was submitted by BDOPE LLC in January 2020 and certified by the National Day Archives. September 16 is officially designated as the observance each calendar year.

About BDOPE LLC

BDOPE LLC is a bottled water brand with a larger mission to serve as a human connector and help crush loneliness while promoting hope, encouragement, creativity, and meaningful connections. The name DOPE represents four words at the heart of the brand: Daring, Original, Purpose, and Esoteric.

Learn more at [bdope.today](#).

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