

RANDOM ACTS OF KINDNESS

By Clydean Bobsin

Recently I have been thinking about all of the shootings in the world and what can be done to over-come the negative reactions as a Christian. I was taken by Ann Curry's comment about taking 26 acts of kindness—one for each victim of the Sandy Hook tragedy and doing something positive in the world to make a difference. In discussing this with Pastor Liz, she suggested that I write an article for the Hope Herald. It's part of who I am to reach out and try and make a difference. So I did some research and I have these Acts of Kindness to share, or you can come up with some of your own:

1. Place flowers on the altar in memory of a loved one, or remembering someone's birthday or anniversary. After church take the bouquet to the hospital—the nurses will know who needs it the most.
2. If you are in a long line, invite the person behind you to go first.
3. Give to Lutheran World Relief for Health Kits, Infant Kits, School Kits, and Fabric Kits., or shower the pediatric wing of the hospital with \$1 coloring books and \$2 boxes of new crayons.
4. Hang a sign on a bulletin board that says "Take What You Need" — with tear-off tabs at the bottom for Love, Hope, Faith, and Courage.
5. Bring courtesy back in an instant—hold the door open with a flourish.
6. Drop off combs, toothbrushes, and toothpaste at the shelter or a soup kitchen.
7. Cook a meal for ECHO.
8. Curb road rage—let other cars merge onto the highway.
9. Send a thank you note to the brave officers at your local police station. (Given how we carry on about parking tickets, it's important to acknowledge the daily risks taken by the men and women on the force.)
10. Pay extra at the register for sending a gift to a soldier (this can be done at the dollar store), or arrange to pay anonymously for a soldier's breakfast when you see him or her dining alone.
11. Slip a \$20 gas card or public transportation pass into someone's shopping bag.
12. Rekindle your Girl Scout or Boy Scout spirit—pick up trash at a park or a playground.

13. Give clothes to someone in need or take to local thrift shop. Donate your old professional clothes to an organization, like Dress for Success (dressforsuccess.org), that helps women jump-start their careers and boost their confidence.

14. Carry someone's groceries.

15. If it's hot out offer your mail carrier a glass of iced tea or a \$5 Starbucks gift card.

16. Be the bigger person—cede the parking space.

17. Check "YES" when asked if you wish to become an organ donor—and tell your family.

18. Forgive someone. Repeat as necessary.

19. Resolve to refrain from negative self-talk (you deserve your kindness, too!).

20. On trash day, wheel your neighbor's can out to the curb.

21. Relay an overheard compliment.

22. Bring your spouse coffee in bed.

23. Send someone an e-card, just because...the funnier, the better.

24. Rescue a wallflower! Strike up a conversation with someone standing alone at a party.

25. Call on someone who has been sick or pay a visit to a shut-in.

26. Ask others—sincerely—what you can do to help.

During this time of Lent... Jesus did the most unthinkable act to die on the cross for all of our sins. Surely we can reach out to others and give of ourselves in a meaningful positive way. Also remember he asked God to "forgive them for they know not what they do" when he was crucified.

Our mission statement says we will reach out to all in the community and the world to make this a better place. Random acts of kindness are one way we can live out our mission as Christians and members of Hope.

