

Spread Kindness to Others
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Kindness is as contagious as a smile. No matter how big or small the act of kindness, it spreads like wildfire. I believe now is the time for everyone in our community to look for ways they can make kindness an epidemic.

Below are some ways others have been impacted by or spread kindness:

A friend sends a card to me on the anniversary of my dad's death to let me know she is thinking of me and offering words of encouragement and inspiration. My dad died eight years ago and it always means a lot to me.

I let a man go in front of me at the checkout; he had a couple of items vs. my half full cart. He thanked me and proceeded to load my groceries onto the belt, stating it was the least he could do. My small act turned into an act of kindness for me.

I have a young family that has lived on my street for about a year. Over this time I have done the neighborly chit chat. They have a little girl that squeals when she sees us walking the pups down the street. The Dad is a State Trooper and I have noticed his patrol car has been gone a lot more than usual. On one of our walks we stopped to let the baby pet the pups; and her mom told me that her husband had been working crowd control in Indianapolis and Jeffersonville the past two weeks. I continued my walk; but keep thinking how hard this must be on this young family. I put together a small basket with cookies, bubbles, wine and a thank you note. I just wanted them to know that things will get better and we are all in this together.

My work family was and is so supportive in prayer, thought and concern with my husband's health and what all he has gone through. It is wonderful to have such a loving work family.

I received a call from a local restaurant telling me someone had left a gift card for me to pick up. They said the person(s) wanted me to know they appreciated me. I was shocked and surprised. I still don't know who it was from, but it made my day!!

I try to stay in touch with friends who are going through very rough times right now.

My wife helped me paint the shed and mow the yard.

Please let's all look for ways to spread kindness in our daily lives; it doesn't have to cost anything besides a little time. You never know what a person is going through and you may never know how much this spark will mean to them.