



Deacon Deliberations by Deacon Gary Kupsak

“Happy World Kindness Day”

I pray you're ready to be introduced to what may be to you another “little known” holiday. Created in 1998 by the World Kindness Movement (<http://www.theworldkindnessmovement.org>), this conglomeration of “kindness” organizations around the world, encourages “World Kindness Day” to be celebrated on the 13th of November each year, as a way of reminding people to be kind to each other and spread happiness, joy and peace through acts of kindness. Considered to be a virtue, and valued in most societies and religions as an important quality, kindness is the act of being considerate, compassionate, and empathetic towards other people and living beings. Although the World Kindness Movement is non-religious and non-political, we certainly are aware as Christians, that being kind and regularly manifesting kindness in our daily lives is one of the means by which others recognize our Christianity.

Would you agree with me that today, in a time when violence, mayhem, and mean spirit is so prevalent, that acting and being kind may at times be overlooked, just because we've become so accustomed/hardened to bad things happening. We've kind of insulated ourselves from “waiting for the other shoe to drop,” by keeping kindness to ourselves so that our overtures may not be wasted on “meanies.” But our faith calls for us to act with kindness, to be kind to our enemies, the “meanies” of the world. In Sacred Scripture we're told, “Love your enemies and do good to them, and lend expecting nothing back; then your reward will be great, and you will be children of the Most High, for he himself is kind to the ungrateful and the wicked. Be merciful, just as your Father is merciful (Luke 6:35-36).

So tomorrow and hopefully every day thereafter we will celebrate “World Kindness Day,” by doing some kind of random act of kindness. We can smile at strangers and do kind things for them (hold open a door).

Give up your seat on the train. The next time you in the McDonalds carry out line, buy the person behind you/a complete stranger his/her meal. Leave a kind note for someone, volunteer to be apart of a Soup Kitchen Ministry. Did you know that researchers have found there is a direct corrolation between kindness and happiness? Undertaking acts of kindness makes one happy, and people who are happy tend to be kinder to others.

Brothers and sisters in Chirst, there are a lot of “unkind” things happening in our world. As disciples of Christ, wouldn’t we be happier if we were able to help turn the tide of that unkindness, one kind act at a time. Again, let’s make every day “World Kindness Day.” The happier we can make others, the happier we will be. **May the love, mercy and kindness of our Lord, Jesus Christ, be with you and those who are touched by your kindness.**