

## Touchstones Theme: Kindness

...Each person brings out a different quality in us. It's almost like a musical symphony, where each person brings out different "notes" in us. Some people bring out something in us that is kind, generous, and loving. Others bring us qualities of



frustration, anger, and resentment. ...Give me kindness above all else. It is kindness that I would choose in the person to spend my life with. Kindness in the love glances. Kindness in the touch. Kindness in the listening. Kindness in understanding. Kindness is love embodied, love that touches us as we would wish to be touched. May you, we, each of us, be embraced and welcomed into the kind embrace of a kind friend, a kind lover, a kind beloved, a kind neighbor, a kind family. *Omid Safi*



Kindness is a beautiful human attribute. When we say, "She is a kind person" or "He surely was kind to me," we express a very warm feeling. In our competitive and often violent world, kindness is not the most frequent response. But when we encounter it, we know that we are blessed. Is it possible to grow in kindness, to become a kind person? Yes, but it requires discipline. To be kind means to treat another person as your "kin," your intimate relative. We say, "We are kin" or "He is next of kin." To be kind is to reach out to someone as being of "kindred" spirit. Here is the great challenge: All people, whatever their color, religion, or sex, belong to humankind and are called to be kind to one another, treating one another as brothers and sisters. There is hardly a day in our lives in which we are not called to this. *Henri Nouwen*

## Join us in exploring Kindness

Photo Credits (top to bottom)

- ◆ Two men, photo by Nicholas Swatz from Pexels
- ◆ Dalai Lama & word cloud, Image by John Hain from Pixabay