

## Building the kingdom through kindness

This month the Mercy Partners Retreats are focusing on Leadership and Kindness. This beautiful poem captures the impact of kindness and its importance in human relationships.

I spoke a word of praise today –  
One I had no need to say –  
I spoke a word of praise to one,  
Commending some small service done;  
And in return, to my surprise,  
I reaped rewards of mountain size.  
Such a look of pleasure shone  
Upon his face – I'll never own  
A gift more beautiful to see  
Than that swift smile he gave to me.  
I spoke one little word of praise,  
And sunshine fell on both our ways.

(from The Gift of Wonder by renowned poet Helen Lowrie Marshall)

Kindness involves selfless acts that either assist or lift the spirits of someone else. Kindness comes from a position of goodwill – wanting to do good... there is no reason to be kind other than to make someone else smile, to be happier, but acts of kindness can also enable others to feel respected and included; to feel that they are connected to others, that they belong and are appreciated. (Hasson, 2018. Kindness. p14).

Pope Francis situates kindness in the words and actions of Jesus.

When Jesus wants to teach us how a Christian should be, he tells us very little, but he shows people by feeding the hungry and welcoming the stranger... The works of mercy are precisely the path of love that Jesus teaches us in continuity with the great love of God.

Let's undertake to be apostles of kindness in our homes, workplaces and society more generally

In a world where kindness is often hidden and not celebrated enough, let's make kindness our mantra and guiding force.

In a world where acts of hatred like those in Christchurch and Sri Lanka kill and maim hundreds, let's speak of kindness and with kindness. Let's show by our actions that there is another way.

It is only through kindness that we can build a more compassionate and equitable world.

**Spread kindness  
wherever you go.  
Let nobody come to  
you without leaving  
happier...**

**(St Teresa of Calcutta)**



### REFLECTION

- > Through the example of Jesus we have seen kindness in action. How can we live a life of kindness to each other and to ourselves?

COMPASSION JUSTICE RESPECT HOPE