

Facilitator Notes for Kindness

Business

Chalice Lighting

May this flame burn and remind us that each of us can offer goodness and love, and that each of us can be a blessing to the world.

Petr Samojsky

Sharing of Joys and Concerns (each person about 2 minutes)

Silence — holding ourselves and each other in silent support – 3 minutes

Shared Readings

Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate. *Albert Schweitzer*

Every minute of every hour of every day you are making the world, just as you are making yourself, and you might as well do it with generosity and kindness and style. *Rebecca Solnit*

He who aspires to paradise should learn to deal with people with kindness. *Abu Bakr*

Kindness is in our power, even when fondness is not. *Samuel Johnson*

Human kindness has never weakened the stamina or softened the fiber of a free people. A nation does not have to be cruel to be tough. *Franklin D. Roosevelt*

You can accomplish by kindness what you cannot by force. *Publilius Syrus*

People just take your kindness for weakness sometimes, and that's just the bottom line. *Ruben Studdard*

I don't worry about people misinterpreting my kindness for weakness. *Jason Bateman*

To repay evils with kindness is the religion I was taught to practise, and this will forever be my rule. *John James Audubon*

No act of kindness, no matter how small, is ever wasted. *Aesop*

That best portion of a man's life, his little, nameless, unremembered acts of kindness and love. *William Wordsworth*

The everyday kindness of the back roads more than makes up for the acts of greed in the headlines. *Charles Kuralt*

Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love. *Lao Tzu*

Deep Sharing/Deep Listening

In the rounds of sharing, pay close attention to the allotted time so that all members have the opportunity to share.

Round 1 (each person about 2 minutes)

Share about a time when you received an unexpected kindness and your reaction to it.

Round 2 (each person about 5 minutes)

Share more deeply your stories and thoughts about kindness as a result of your exploration of the topic through the preparation materials.

Round 3

As time allows, share additional thoughts on kindness or reflect what others have shared.

Closing Words

Love and kindness are never wasted. They always make a difference. They bless the one who receives them, and they bless you, the giver.

Barbara de Angelis

Song or Chime

The Covenant

I commit myself:

- to come to meetings when I possibly can, knowing that my presence is important to the group
- to let the facilitator know if I will be absent or need to quit
- to share with the facilitator the responsibility for good group process by watching how much time I take to speak and noticing what is going on for others
- to do the reading and thinking about the topic ahead of time
- to not gossip about what is shared in the group, and tell only my own story to others
- to honor the safety of the group by listening to what others share with an open heart
- to refrain from cross-talk, judging, or giving advice
- to share as deeply as I can when it is my turn.