



## 100 Acts of Kindness

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What better way to celebrate our 100<sup>th</sup> Anniversary of The Catholic Women's League than with "100 Random Acts of Kindness".

*"Holiness, the pope said, is a gift God offers to everyone and a response to his grace. It is the result of hundreds of little steps and gestures each day. And they will be different for each person depending on the circumstances of one's life. Holiness is something much greater, much more profound than looking like an image on a holy card, he said. "It is living with love and offering your own Christian witness in your daily tasks."*

Acts of kindness make us feel good, valuable and alive. Think about the last time you went out of your way to be kind to someone. Many people extend kindness as part of their good nature but if we made a more conscious effort to be even kinder by practicing kindness regularly just think about what a difference that could make in changing the world.

Every parish council could take a few minutes at their general meetings to ask their members what "Acts of Kindness" they demonstrated or received in that month. Just think about what stories your members will tell.

Please send your stories to our Communications Chair, Patti Pagett for publication in The Spectrum.