

1. A lady drove to the shopping centre, smiling to herself at the good news she had received about her son. After shopping, she drove out of the car park and handed in her ticket at the kiosk, ready to pay the standard charge of one pound. She opened her purse, smiled, and handed over three £1 coins, saying “This is to pay for the next two cars as well,” and then she drove off.
2. What effect might that small gesture have had on the occupants of the next two cars? Somebody they had not met - and would never meet - had acted kindly towards them. They must have thought again about the incident at least once later in the day. Would that lady’s action have become like a pebble thrown into water, causing ripples of goodwill and kindness to spread outwards?
3. Someone once said:
“Practice random kindness and senseless acts of beauty.”
4. How do some people “*practice random kindness and senseless acts of beauty*”?
 - being of help to someone they don’t know;
 - saying “*Good morning*” to someone they don’t normally greet;
 - when feeling negative, going out of their way to do the exact opposite of what they are feeling;
 - doing something that needs to be done, without being asked;
 - noticing when someone doesn’t look too happy, and then saying something positive.
5. We are invited to “*practice random kindness and senseless acts of beauty.*”
Let’s reflect and pray in silence for a moment
(pause...)

“Practice random kindness and senseless acts of beauty.”

This is an excerpt from the page of this date in
'Praying Each Day of the Year',
a 3-volume book
by Nicholas Hutchinson, FSC.

For details:

<http://www.matthew-james.co.uk/>

Could make use of a search engine
to research this topic further.

This material is part of
the prayer and education website
of the De La Salle Brothers
in Great Britain:
www.prayingeachday.org