

# 'Summer Kindness'

## Bumper Edition Newsletter



Summer Time! Sunshine, flowers, the smell of BBQs and suntan lotion. We didn't quite plan for this Summer but we can certainly put things in place to make it memorable.

## Did you know that kindness is like a muscle?

If you exercise it, it gets bigger and stronger, if you don't it can get smaller and weaker. Kindness is not something that some people have and some people don't. It's a decision, a habit, a routine, something we nurture. In fact, it is a fruit of the Spirit.

Fruit grows when we learn about growing fruit; prepare the ground, sow the seed, water the plant and tend to the tree. In this Bumper Edition Kindness Newsletter, that is exactly what we are going to do and we will trust God to do the rest. We will:

1. **LEARN KINDNESS FROM THE MASTER TEACHER**
2. **PREPARE THE SOIL FOR PLANTING KINDNESS**
3. **SOW SEEDS OF KINDNESS**
4. **NURTURE KINDNESS**
5. **SPREAD KINDNESS FURTHER AFIELD**

This Summer let's have fun practising kindness. Kindness towards others. And kindness towards ourselves.

Parents, remember you are parenting through a remarkable time in history so if you have days or seasons of being gripped with anxiety or grief, or feeling completely overwhelmed or times when you are weary, weepy, agitated and just not coping, these are normal responses to an abnormal situation. Yes, someone else might be worse off than you. Yes, you should count your blessings. But don't diminish your own struggles. They are very real and very valid. Invite God into your circumstances. Ask Him to bring

### RECIPE FOR kindness

MIX TOGETHER EQUAL PARTS:

*friendliness  
helpfulness  
laughter  
encouragement  
& love*

ENJOY THIS TREAT FROM A FRIEND AND  
PASS IT ON IF YOU CAN!

His peace in the storm. And if that involves extra telly for the kids while you take quiet time, do it.

**Now is the time to be kind to yourself. Our coping reserves are finite. God's reservoir of Love is not. Go to him to refill.**

The following are very simple ideas to do together as a family. Some will suit your family, some won't. But gently bringing faith into everyday life reminds us of God's presence and love, and allows peace to flourish and kindness to grow.



*Kindness  
Tree:  
Acts of  
Kindness make  
me Bloom*