

A Reflection from Diane Hayes

August 30, 2023

Kindness. In the book of Galatians we read that kindness is one of the Gifts of the Spirit. It's a quality we try to cultivate in ourselves and encourage in our children.

At All Saints kindness is all around us and there are many ways that we show it. Look around on Sunday morning and you will see people greeting people, asking about their lives, sharing concerns and celebrations, greeting newcomers. Others bring food for the Welborne food pantry, deliver flowers to shut ins, volunteer at the food pantry, work in the garden, donate school supplies – the list goes on and on. All are ways of showing kindness.

Starting this week, we are offering a new, fun way to share kindness – by sharing rocks. That's right – rocks! These are not just any rocks – these are Rocks of Kindness. They are pretty, painted rocks. Some are colorful, some are decorated with pictures, and some will display a message of inspiration. You will find them in our Garden of Rocks of Kindness near the Preschool Playground.

You are welcome to take one if it inspires you or makes you happy. Or, you can take one that you would like to give to a friend. Our Choir Camp kids started us out by painting some beautiful rocks, but we will need more. This Sunday rocks for you to paint will be available at the outdoor service near the ushers' table. Take one rock or a few and make them pretty. Take some for your children or grandchildren to paint. You can also paint rocks that you may already have. Maybe put some words of inspiration on them, then bring them back and leave them in the garden. Be sure to use paint that will stand up to the weather. Outdoor acrylic paint is great.

You never know when a little act of kindness can change a person's whole day!