



# The Kindness Campaign

“We think sometimes that poverty is only being hungry, naked, and homeless. The poverty of being unwanted, unloved, and uncared for is the greatest poverty. We must start in our own homes to remedy this kind of poverty.” Mother Teresa of Calcutta

The Kindness Campaign is a social action project organized by Global Awakening In Action and *Good News Toronto*. This collaborative project seeks to spread more kindness at home, at work, and in the world.

Each month we feature a suggested act of kindness to help readers consider ways to bring a bit of kindness to an unsuspecting soul. Of course, our monthly suggestion is just that—a suggestion. We encourage you to let your spirit soar with possibilities and then put those inspiring ideas into action through your spontaneous good deeds.

*“The best way to find yourself is to lose yourself in the service of others.”*  
- Mahatma Gandhi

You are also invited to leave behind the Kindness Card, provided below. The card explains the campaign and encourages the recipient of your kind act to “pay it forward” in the form

We're now collecting jackets, gloves, hats, scarves, socks, boots, and anything warm, along with blankets, sleeping bags, and pads for people in need.

Angel's Garage 52 Buckhorn Avenue Bathurst & Elgin Mills	Moksha Yoga North York 100 Sheppard Ave East, Yonge & Sheppard North York	St Josephs House 6 St Josephs Street Yonge & Wellesley
Good News Toronto 131 Hidden Trail Bathurst & Steeles	Healing & Prophecy 52 Hillside Avenue East Yonge & Eglinton	Follow Your Bliss 25 Grange Avenue Spadina & Dundas

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of another act of kindness to a stranger. Kindness Activists are also invited to submit the story of their act of kindness for inclusion in *Good News Toronto*. If selected and printed, we will send you a *Good News Toronto*/Kindness Pays t-shirt as a reminder of your good deed and participation in this social action project.

We are repeating last month's suggestion and requesting that readers donate new or clean

blankets, sleeping bags and pads, as well as jackets, gloves, hats, scarves, socks, boots, and anything warm. Please see the announcement and blanket drive article on this page for more info.

This month's Random Act of Kindness submission is, coincidentally, a story about blankets, submitted by Iris Weverman, who is part of the Toronto Jewish Quilting Project that makes quilts for cancer patients.



Stephen D'Amico, founder of *Global Awakening In Action*, coordinates the Kindness Campaign in collaboration with *Good News Toronto*. Visit [stephendamico.com](http://stephendamico.com) and [globalawakeninginaction.org](http://globalawakeninginaction.org).

Thank you to the following people for donating so generously! Together, we're doing a truly amazing thing:

Dianne Boehm, Eva Cabaca, Claire Elek, Dave Farquhar, Catie Horvath, Tania Kal, Eva Karpati, Lilla Magyar, Jenny Ophek, Marissa Revzen-Ellis, Mary Stabile, Tara Tulett, Thierry Tuchagues & Jess Layton, Karen & Mario Sita, Sunil & Asha Vidyarthi, Zoltan & Rachel Wagner

Note: Our thanks also to the many anonymous donors and/or anyone we inadvertently left out.

## Cover Toronto Blanket Drive in Full Swing

Last month we launched our first official blanket drive, and this month we are happy to announce that the Cover Toronto Blanket Drive is successfully in full swing. So far, we've completed four distribution nights, bringing donated blankets, sleeping bags, and pads directly to people sleeping out in the cold this winter.

At first, we were planning to do a one-day blanket distribution event in January, but when the colder weather came so suddenly in early December, we quickly realized that we had to get outside and on the streets a lot sooner than we were originally anticipating.

Now, due to the overwhelm-

ing response from all the people who have been supporting the campaign and donating steadily, we have decided to extend our outreach efforts throughout the winter season.

In addition, a one-day event is set for Sunday, January 9th. We recently partnered with Tom Marasovic, an independent filmmaker and the Director of *Project Afterthought*, a social action event documented on video to inspire others to help those in need after the hype of giving during the holiday season has ended. See the “movie-clapper” announcement on this page for details about how you can participate.

One of the highlights from our evening street runs was meeting a charming man named Glenn, who had a remote control car that kept him company, and who said he could tell I was part Italian because I have a “pizza nose.” With only a threadbare blanket barely big enough to cover his legs, and plans to sleep on a hard metal grate, Glenn was in desperate need of some extra layers. We set him up with a big comforter, sleeping bag and pad, and a floral-scented wool blanket big enough to cover his whole body.

We've also received lots of moving emails from folks who have said that this drive has inspired them to do more. For example, Marcie Macari decided to bake personal-sized shepherd's pies for people living on the streets, which we distributed together with her whole family.

Shen, who works at 6 St Joseph's House, where we host many of our events, also decided to stop procrastinating about giving away things she doesn't use anymore: clothing, shoes, jewellery, etc. One day she brought in many of the things she had collected around her house, and told me a particularly inspiring story about giving away a beautiful skirt that she had never worn.

## Threads of Kindness

Recently, I was talking to an old acquaintance while standing in line at the license bureau. We were catching up on each other's volunteer activities. I described how I had taken a break from the Out of the Cold program and decided to continue making quilts for cancer patients. I was on my way that afternoon to pick up some material from Fabricland.

I wasn't aware that the lady in front of us was listening to our conversation the whole time. Afterwards, she approached me and gave me ten dollars to buy fabric for my group, where we make quilts for people going through radiation and chemotherapy.

I thanked her profusely and wished her a very merry holiday season. There certainly are many good people out there!

Iris Weverman, RPT



Want to be part of a documented social action event?

What makes this story especially significant is that there was talk around the office by some of the people present that the skirt was too nice an item to give away, and that Shen should think about selling it on consignment somewhere. But she decided to stick with her original inspiration, and was rewarded by being able to witness the look on the face of the young volunteer who, as Shen describes, was deeply moved to receive this gift.

To help spread the word, join our Facebook group [www.facebook.com/groups/covertoronto](http://www.facebook.com/groups/covertoronto) and click SHARE!

**JOIN A FUN AND INSPIRING MOVIE-MAKING EXPERIENCE TO MAKE A DIFFERENCE!**

**SUNDAY, JANUARY 9  
1:00 PM @ YONGE DUNDAS SQUARE**

**GOOGLE “PROJECT AFTERTHOUGHT” TO WATCH THE VIDEO FROM LAST YEAR’S EVENT.**

**VISIT: [GLOBALAWAKENINGINACTION.ORG](http://GLOBALAWAKENINGINACTION.ORG) FOR MORE INFO AND TO RSVP**

This Random Act of Kindness is sponsored by *Good News Toronto* and *Global Awakening In Action*

Please help us ...

Give this Kindness Card to the next person you help. After you , write a brief description of your act of kindness and email it to:

If your story is printed in our paper, you will receive a as a reminder of your good deed!

In collaboration with

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