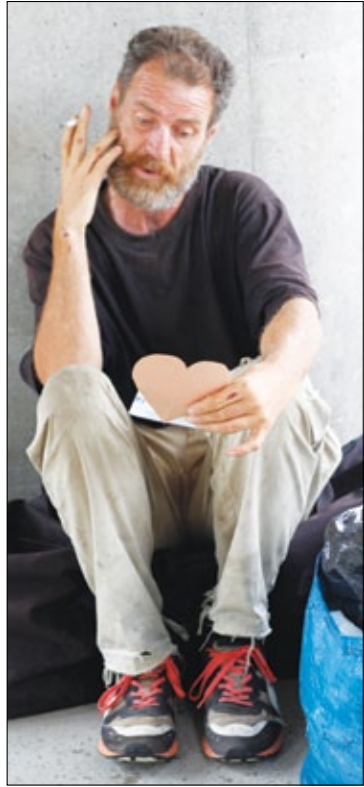




The Kindness Campaign

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



Receiving a Heart
Photo by Jason Prupas

On Saturday, August 21st, from 2 to 4 pm, the Kindness Campaign organized its first official Kindness Pays Day. A group of us gathered at busy Nathan Philips Square and spent two hours engaged in enlightened social action, spreading awareness about the power of paying kindness forward to our fellow Torontonians.

We handed out copies of *Good News Toronto* and distributed a checklist of Acts of Kindness ideas, and “Pay It Forward” Kindness Cards for people to take home. And throughout, we spent time spreading kindness by paying people compliments and handing out inspiring and colourful “heart-cards” with positive messages written on them!

Thank you to everyone who came out, participated, and made our Kindness Pays Day a memorable one. If you weren’t able to make it out for this fun day of civic action and engagement, we are already planning to do it again, so stay tuned for more info in next month’s issue.

The concept behind the cam-

paign is simple but powerful:

Each month we feature a suggested act of kindness. Readers are invited to perform the suggested random act of kindness (or one of their choosing) and leave behind the “Kindness Card” provided below.

The card explains the campaign and encourages the kindness recipient to “pay-it-forward” in the form of another act of kindness to a stranger. Do-gooders then submit the story of their act for inclusion in *Good News Toronto* and a chance to win a *Good News Toronto* T-shirt. This month we are giving away special T-Shirts we had printed for the Kindness Pays Day.

This month’s submissions:

Our first story is from Patricia BearClaw, who weaves a wonderful true tale about a sequence of random acts of kindness she received while on a journey through the city in search of a new home for three young potted pine trees, given to her as a gift years before.

Our second story comes from committed reader Sharon Smith, a schoolteacher in Toronto, who receives an act of kindness while



waiting in line for a play she almost didn’t get to attend.

We hope you enjoy these stories, and as a reminder, write in and let us know about a random act of kindness you’ve either witnessed or participated in recently. If we end up printing your story, we’ll send you a *Good News Toronto* T-shirt as a commemorative token of our appreciation for your participation in this social action project.

This month’s suggestion:

As always, each month we suggest a random act of kindness to help get you started thinking about what you can do to bring a bit of kindness to an unsuspecting soul. Of course, our monthly suggestion is just that: a sugges-

tion. We encourage you to let your spirit soar with possibilities, and then put those inspiring ideas into action through your spontaneous good deeds.

This month, we suggest sending silent blessings of loving kindness to people, especially if you notice anyone being discourteous or unmindful. Observe how just being a witness to another person or situation with loving kindness in your heart can turn a situation around for the better.

The Kindness Campaign is coordinated by Stephen D’Amico, founder of Global Awakening In Action. Please visit stephendamico.com and globalawakeninginaction.org for more information about our other work.



Reader Submissions of Random Acts of Kindness

From Patricia BearClaw

Four years ago I was given three small pine saplings, the size of my baby finger. Happily, I planted them in a large pot and watched them grow. “These Pines will grow 150 feet high,” I was told. As the largest grew 13 inches I remembered those words. I had to find them a home.

A man I met while picking up garbage heard of my plight and he said, “Bring them over here and I’ll find them a home.”

Sunday I decided to move the heavy pots. I used a low dolly. I pushed them into the intersection. They tipped over on King Street just as the light turned yellow. A young man parked his bike on the sidewalk and rushed to me yelling, “I’ll take the plants, you take the dolly.”

We reached the sidewalk just as the light turned red and cars roared over the spot where I had been standing. The young man left quickly before I could thank him.

I bent down to push the trees along the sidewalk and I realized that I wouldn’t make the trip on foot. I’d take the streetcar. I waited at the stop.

When the streetcar came I rushed and put my ticket in the box.

“Wait,” I said as I rushed to carry my box of trees. I staggered under their weight.

I lifted them onto the first step. Three pairs of hands reached down and pulled them up. I rushed to the sidewalk, grabbed my dolly, and climbed onto the streetcar. I noticed there were only three passengers, all women. They were laughing about the story they could carry home. The day a box of trees rode the streetcar. As they reached their stops they left the streetcar smiling.

Now it was only me, the driver, and the trees. He asked me how far I was going. I told him. “Don’t worry,” he said. “When we get to your stop I’ll carry your trees. You carry the dolly.”

And he was as good as his word.

I pushed my trees up the small street. “Need help?” a man asked. I nodded. He put away his tools and picked up my trees. I picked up the dolly. We arrived at my destination and I thanked him.

The man who said that he would find the trees a home did so. He dug them into a shady spot under some dying pines.

Every week he takes his grandson and a bucket of water to water the trees. My trip left me very tired, but my soul well fed.

Patricia BearClaw is a storyteller working on publishing this true story as a children’s book. At present she is illustrating the story using Plastiline as 3D pictures.

From Sharon Smith

During the recent Fringe Festival in Toronto, I travelled downtown to see a play, hoping to procure a single ticket. I arrived an hour before the play started only to discover it was sold out. As I began to walk away, I met an old friend standing in line who had just sold her extra ticket to someone else!

Hearing our conversation, the woman behind us suggested that I might still get a ticket, if all the invited VIP’s did not show up for their complimentary passes.

I then returned to the desk and inquired about this possibility and was told that there might be a chance. So I patiently waited as the line of patrons filed into the theatre.

Suddenly the girl at the desk approached me. “Did you want a single ticket?” she asked, to which I replied, “Yes.” “Talk to this guy,” she continued. I had my \$10 bill ready to pay, and to my great surprise, he said, “It’s okay. Just enjoy the show.” Not only did I see a terrific play, I was able to sit with my friend and it didn’t cost me a cent!

Once again, Toronto the Good lived up to its reputation.



KINDNESS CARD

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

Please help us **keep the kindness going...**
Give this Kindness Card to the next person you help.
After you **pay it forward**, write a brief description
of your act of kindness and email it to: info@goodnewstoronto.ca

If your story is printed in our paper, you will receive a
FREE Kindness Pays T-Shirt as a reminder of your good deed!

In collaboration with
www.goodnewstoronto.ca
www.globalawakeninginaction.org

Visit us on
www.facebook.com/kindness.pays

