

For Goodness Sake!

Welcome to
Mission Creek
ALLIANCE CHURCH

What has happened to us?

Where have the hugs, handshakes, friendliness, and comradery disappeared? Distancing and divided opinions have taken their unintended toll. We have become distanced from the people we care about most. We long to go back to the time before covid, but we also realize that this is impossible. We struggle with how to deal with these unsettling changes.

What are we to do?

I submit that NOW is the time for a reset – a time to intentionally recalibrate, reconnect, and re-establish our relationships.

In Charlie Brown's homespun wisdom: "To make a difference in someone's life, you don't have to be brilliant, rich, beautiful, or perfect. You just have to care."

When Dr. Bonny Henry reiterates "...Be Kind", she is urging us to go easy on each other and to make room for differences, viewing life kindly through the eyes of another.

In these times when it feels like everything is being shaken, and uncertainty is the new normal, this simple but oft repeated instruction from both Jesus and St. Paul in the Scriptures instructs us: **"Never get tired of doing good."** **"Do not forget to do good and to share with others."** Every little act of goodness we might extend—in our homes, our neighbourhoods, on the road, in the grocery store, or online can make a positive difference.

IT's TIME to PRACTICE KINDNESS....to make it a habit! Being kind to others may seem like a no-brainer, but research shows there's great benefit. Showing kindness doesn't just feel good, it's also good for your health. It has been shown to lower blood pressure, boost joyfulness, reduce pain and improve healing. Acts of kindness improve bonds and social relationships, and even help children to develop stronger friendships.



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Here are 10 practical ideas to help you get started:

- Reach out and help a neighbour.
- Write a kind note.
- Reconnect with a friend.
- Graciously let a person or car move in ahead of you.
- Express your thoughts and opinions kindly or remain silent. Remember Thumper's words? "If you can't say something nice, don't say nothing at all"
- Pay it forward. Covering the cost of the next car's take-out, a grocery order, or even a service bill for someone who's fallen on tough times can make a positive difference.
- Gently reach out to a grieving person, giving them your time and sincere support.
- Be kind to animals and their owners.
- Express gratitude. Be quick to show appreciation.... sincerely, from the heart.
- SMILE!

IT's TIME to put aside our impatience and justification to judge each other for not being or thinking the same as we do, but instead, look for the good and acknowledge the positive.

IT's TIME to begin to see each other as individuals created by a loving Father God to be unique and distinct, yet part of the human familyeach one created with beauty and purpose. Each one with eternal destiny.

Wise words to live by:

"Treat others the same way you want them to treat you." **"Never get tired of doing good."** **"Let us do good to all people."**
.... from the Holy Bible

IT's TIME that we intentionally choose to do good and be kind...starting TODAY!