



REFLECTION

APRIL / MAY 2025

Choose Kindness

Welcome all to this reflection sheet for April and May prepared with the Spirituality Committee and our Spirituality Enactment.

Let us try to let go of our “time lapsed” thinking and plug into a “slow motion” mode: sit in a comfortable chair with a shawl or throw and take some DEEP BREATHS....

Our theme is *Choose Kindness*. During each day we make choices – what to wear, what to eat, etc. It is said “not to choose is to choose.” A woman said to me the other day that she decided to make this year a year to choose kindness. She has proceeded to do just that even in difficult and upsetting moments. She ordered a box of suggestions for random acts of kindness on the Internet so that she would remember her intention.

On January 12, 2025, the Buffalo Bills played the Denver Broncos and won. You may have noticed that each of the teams had this printed on the back of their helmets: CHOOSE LOVE. This was surprising to see on

participants of a game which is so physically violent. It seemed very encouraging and something to ponder in these days of chaos, disappointment and discord.....

In *Deuteronomy 30:19*, Moses tells the Israelites that he places before them life and death and instructs them to CHOOSE LIFE. Choosing life each morning is actually choosing kindness and is another opportunity for us to freely make a choice for our own betterment and that of the whole community and all of creation.

Today let us consider another directive, CHOSE KINDNESS. What does it mean to CHOOSE KINDNESS?

Perhaps it could mean noticing what is happening around us better and choosing to respond in love and caring. Perhaps it could mean deciding to notice our thoughts throughout the day and try to make them more positive and loving of others. We could even try to think more kindly of ourselves and what that means!

Relax and consider these things....

CONTEMPLATIVE SITTING MEDITATION

We come into a “slow motion” mode: relax and consider these things.

Kindness as a quality can manifest as compassion, as generosity, as listening, and as paying attention. Whether the kind gesture is done to another or to yourself, have you noticed how the heart responds with gratitude and joy?

Meditation Practice for 5 or 10 or more minutes:

- Take as comfortable a position as possible sitting or lying down.
- Gently close your eyes or soften your gaze.
- Open to the “kindness of breath” breathing you. Place your attention on the breath. Breath flowing in and breath flowing out.
- Notice the breath as it rises and as it releases, rising and releasing.
- Each time the mind wanders, simply return your attention to the breath.

At the end of your contemplative sitting, “think kindly of yourself,” for our Loving God celebrates you and your every act of loving kindness.

**“The smallest act of kindness is worth more
than the grandest intention.”**

– OSCAR WILDE