



RANDOM ACTS OF KINDNESS DAY, FEBRUARY 17, 2024

"Simple kindness may be the most vital key to the riddle of how human beings can live with each other in peace and care properly for this planet we all share." – Bo Lozoff

Dear Compassionate Houston Community,

Could the stakes be even higher for ourselves and the world than they currently are? The wonderful news is that we have an auspicious opportunity NOW to take vital collective action (and make ourselves happier in the process)! **Saturday, February 17, is Random Acts of Kindness Day**, an annual occasion that encourages people to spread love, compassion, and positivity while strengthening the bonds that knit our community together. Compassionate Houston believes deeply in the power of kindness.



Science, wisdom traditions and personal experience are in agreement:

Kindness transcends the separateness we often experience as human beings and connects us to one another.

The person who performs a kind act experiences this, and often the recipient of the act feels that connection.

In simply witnessing or observing the act, we too become part of the connective network.

And kindness is contagious, the kind of contagion we long for! Imagine the ripple effect we can create by infusing Greater Houston with acts of kindness, big and small. From unexpected gestures of generosity to simple acts of consideration, let's make February 17, 2024 a day to remember.

Partner and friend organizations, unleash your creativity! Plan activities that foster a culture of kindness, whether a gratitude wall in your lobby, a collaborative art project or surprise acts of generosity.

Individuals, let your imagination run wild. Small acts like leaving or mailing uplifting notes/cards or sharing a smile or kind greeting can transform our community. All these diverse contributions will enrich the tapestry of our community life as creativity and compassion shine brightly.

➔ And to help you get started we compiled some resources we can recommend for your reflection or consideration on page 2 and 3.



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Resources and links for your reflection or consideration on Random Acts of Kindness Day, February 17, 2024.

BE INSPIRED!

- **Random Acts of Kindness (RAK) Foundation:** Elevate your kindness game! Get free resources, printables, daily doses of kindness, and a kindness blog from the RAK Foundation. [Explore here.](#)
- **Spread the Kindness:** Sneha Bhavsar, a visual artist and Compassionate Houston board member, designed a digital Random Acts of Kindness KindCard (save it directly from the website). Print it out and share it with your group, individuals, or on social media. Let's create a ripple effect of kindness that keeps growing!
- **Make a Difference:** Join Marlin Murdock, a dedicated volunteer from Compassionate Houston's program committee, as he partners with Interfaith Ministries for Greater Houston. His birthday fundraiser in February supports three local refugee families. [Check out the details here](#) and help him make a positive impact.
- **Inspire with Kindness Quotes:** Reflect on our curated collection of Kindness quotes on page 3. Share them widely on social media or with someone for whom a quote may just be the right "fit." Let's spread kindness one quote at a time!
- **Dive into the Science of Kindness:** Visit Compassionate Houston's Project Kindness webpage to discover the fascinating science behind acts of kindness. Uncover the power of compassion and how it can transform lives. [Review the science here](#) and be amazed.
- **Cultivate Kindness with a Loving-Kindness Meditation:** Experience a deep sense of connection and kindness towards others through an inspiring Loving-Kindness Meditation. Offered by the Greater Good Science Center as an audio resource [here](#).

SHARING IS KEY!

We invite you to join us in celebrating Random Acts of Kindness (RAK) Day! Share your most amazing local stories and exciting plans with us by **January 31**, and we will help amplify your outreach. Together, we can inspire others to join us in creating a community filled with compassion and generosity.

Don't forget to use our uplifting hashtag **#kindertogether** and **#compassionatehouston** when you share our complimentary KindCard or showcase your activities on social media. Let's shine a light on what we are doing.

We would also be honored if you could capture and share any photos you take during RAK Day, as they will truly capture the spirit of kindness in action.

Let's make this Random Acts of Kindness Day a memorable and inspiring one!

Kindness Quotes - compiled for Compassion Week 2022 "The Power of Kindness"

- *At every step along the way of expanding awareness, there is the opportunity to go deeper, to explore more of the potential of our magnificent humanness. And so it is with kindness.* - Madelyn Mulvaney
- *When you're young, kindness gives you the wisdom of an old soul. And when you get a little older, kindness can keep you young.* - Stephen G. Post, Ph.D.
- *What wisdom can you find that is greater than kindness?* - Jean Jacque Rousseau
- *Kindness begins with the understanding that we all struggle.* - Charles Glassman
- *Be kind whenever possible. It is always possible.* - The 14th Dalai Lama
- *When words are both true and kind, they can change the world.* - The Buddha
- *Kindness is like snow. It beautifies everything it covers.* - Kahlil Gibran
- *Sometimes it takes only one act of kindness and caring to change a person's life.* - Jackie Chan
- *Kindness can become its own motive. We are made kind by being kind.*- Eric Hoffer
- *Being kind to others is the nicest thing we can do for ourselves.* - Thubten Chodron
- *I've been searching for ways to heal myself, and I've found that kindness is the best way.* - Lady Gaga
- *Your acts of kindness are iridescent wings of divine love, which linger and continue to uplift others long after your sharing.* - Rumi
- *Material things outlast everyone and will outlast you too, but better for you is that kindness will outlast you.* - Rumi
- *Remember, there's no such thing as a small act of kindness. Every act creates a ripple with no logical end.* - Scott Adams
- *The smallest act of kindness is worth more than the grandest intention.* - Oscar Wilde
- *Kindness is the language which the deaf can hear and the blind can see.* - Mark Twain
- *Kindness is the golden chain by which society is bound together.* - Johann Wolfgang Von Goethe
- *Kindness is the light that dissolves all walls between souls, families and nations.* - Paramahansa Yogananda
- *How do we change the world? One random act of kindness at a time.* - Morgan Freeman
- *We can't heal the world today. But we can begin with a voice of compassion, a heart of love, and an act of kindness.* - Mary Davis