

RADICAL REPORT

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Kindness Matters, by Cindy Moore

"I remember being in a fog after my dad died. I was the person who had to be told it was my turn to move up in the grocery store line; I remember sitting in my car in the parking lot in a spot I'm sure someone wanted, but I just couldn't seem to move very fast. I was in a bad dream and there was no waking up. I was the person I might have been frustrated with previously, the person that wasn't paying attention. I was the person who needed compassion and grace, who needed people to assume I was having a bad day and be patient. I am grateful to every person who has shown compassion to me on those very difficult days, those who were patient and assumed I was having a bad day. They were doing for me what I saw my dad do so many countless times, noticing people."

These poignant words were penned by my daughter, Brooke, about one part of her grief journey. In our fast-paced, results-oriented society there is not much time to notice anything, much less strangers, but the Gospels tell us Jesus noticed people. He took time to look around him and see those in pain, in need or simply having a bad day. He noticed fishermen, tax collectors, men sitting in trees, the blind, the lame, the sick, hungry crowds, people who were distressed and dispirited.

In a society so divided during a year of great political and social unrest, there is more distrust and division than ever. Covid has added another layer of stress for so many. I might not be able to solve all the world's problems, but I can be kind. I can smile through my mask, hold the door for a stranger and offer to buy someone a meal who needs it. I can look for local organizations that help those who need what I can give. The year 2020 has been difficult for many, the least I can offer to others is my compassion and my empathy. I can think of what it's like to walk in another person's shoes before I give my opinion, because ultimately my empathy will be more impactful than my opinion.

I believe it was Robin Williams who said, "Everyone you meet is fighting a battle you know nothing about. Be kind." This rings true now, more than ever. As we enter this holiday season let's make a commitment to offer small acts of kindness every day.



Our family friends, Matt and Deseree Gonzales invited me to on their podcast to share more about our family's mental health story. Brooke came with me to share her part of the journey. We hope being vulnerable with our story can help others. If you'd like to hear the podcast, "The Matt & Des Experience" can be found on most platforms where podcasts are available. Please know, we are not mental health professionals, but are simply sharing our story from our perspectives. If you are struggling we encourage you to see the help of a qualified professional.

National Suicide Prevention Lifeline: 1-800-273-8255