

# Care Capsule<sup>®</sup>

*Capsules of motivation to dispense  
care and kindness*

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## I Love Garbage

— Dr. James R. Kok

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**I love garbage. Give me a rotten potato, a soft tomato, orange peelings, old newspapers, used paper napkins, rhubarb leaves, tree leaves, apple cores and egg shells, and you will make me very happy.**

I love to take that garbage and put it in my compost pile. Then I enjoy the fantastic transformation that takes place within weeks or months as the garbage turns into beautiful, rich, black, dirt-like substance. That precious loam makes plants grow and vegetables thrive in the garden. Worthless garbage

turns into valuable gold.

That's the way God wants us to live in this world. He wants us to recycle our garbage into worthwhile substance. And that is what Scripture promises in Romans 5:3: "Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance". The suffering process can lead to hope.



The most distressing events and happenings in our lives can produce an outlook in our hearts

and minds that is strongly positive. Hope is an outlook that there is good and love and happiness ahead. In other words,

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## Garbage

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with the Lord's loving presence, disappointments and heartbreaks can end up making us healthier, wiser and even more deeply happy. Jesus wants us to take the painful stuff of life, the junk that we would consider disposable garbage, those unwanted events, breakdowns, disappointments and heartaches, and make something good out of it. Much can be salvaged and produced from the bad stuff of life. Great depth and beauty can follow tragedy and heartbreak.

A horrific storm of hurricane force hit The Caribbean National Forest a couple of years ago. The forest was rare in the world for its beauty and the way it covered the island, sheltering everything. The forest was totally destroyed, leaving no tree standing. That place of rare beauty was finished. No one would ever again stroll or hike beneath the beautiful pines.

Several months after the storm hit, the resident Park Rangers quietly reported something they had been noticing. There were flowers

coming up and blooming. Flowers had never been there in the previous centuries. The shade of the trees was too much to allow for such life on the ground. But there they were—beautiful blossoms they had never seen before.

As I pondered this sad event I realized it was like a parable of life. That is, when the storms of life hit us, and they can be heartbreaking and devastating, we can in time—and even with tears in our eyes and with our hearts still breaking—notice flowers here and there. There are good things trickling out of the heartbreaks of life.

I think the bottom line of that reality—that so much good, so much improvement and growth can follow heartache, breakdowns, painful losses—is that the good Lord meets us there.

God does not send the heartaches and disasters, the breakage, and the disappointments. They are a part of life in a broken world. They are the outcomes of the mistakes, failures and wrongness the human race has for all of history slipped into and generated.

But healing happens, and new wonderful flowers regularly bloom after heartbreak. All are the evidence of a loving God who moves into our broken and painful places. That is where God is—renewing, restoring, healing, and helping when tragedy and heartbreak happens.

In the deep South, in Enterprise, Alabama, there is a monument to an insect. It is the boll weevil. At one point in history, the boll weevil destroyed the economy of the South by destroying the cotton crop. Every year the plantation owners would try again. They would plant the cotton seeds and hope for the best. But, inevitably, the boll weevil moved in and did its damage.

Yet, today, there is a monument to the boll weevil. Why a monument to the enemy? Because the boll weevil forced the South, totally dependent on cotton, to diversify, to find other ways of building their economy, to plant other crops, to start other businesses. Later, after the changes had become well-established throughout the south, the plantation owners were far better off than when everything depended on cotton. When they realized what had happened, they built a monument to that insidious

bug, the boll-weevil. Hailing the beetle as a “herald of prosperity,” the 13-foot-tall landmark stands as the world’s only monument built to honor an agricultural pest. It is a tribute to how something disastrous can be a catalyst for change, and a reminder of how the people of Enterprise had adjusted in the face of adversity. Their enemy had stimulated profound growth and improvement in their economy.

That’s how God wants us to live. Never minimizing the pain. Never belittling or denying the agony and difficult circumstances. Not allowing our tear ducts to dry up and our aching hearts to become calloused. But we are urged, with the Lord’s helping presence and love, to transform these painful experiences, of which life is full, into something good.

Recently I talked to an Iraqi War veteran who had been seriously injured and narrowly escaped death in Iraq. I asked him if he had any resentment, or if he felt cheated because there was so much anti-war sentiment in the U.S. He was quick to say, to my surprise, that he held no bitterness, whatsoever. His near fatal experience, the loneliness and pain that went with it, he said, were the most valuable and important chapters of his life. “It changed my life for the better,” he said.

Romans 5:35 speaks of a formula about how this happens. It says, “Suffering produces perseverance; perseverance produces character;

and character produces hope. Hope does not disappoint us because God has poured out his love into our hearts.” Suffering is real. We should never deny that or belittle it. But profound pain, endured with Jesus’ loving promises, builds a capacity for endurance and perseverance. We gain vital life strengths when we suffer without giving up or turning permanently bitter. It is hard and difficult, but it makes us into deeper and wiser and stronger people. It builds character.

That is where we must see our loving God. God does not send these disappointments; He is present with us, holding us, weeping with us, encouraging us and instilling new ideas and outlooks which make us and the world a better place. It is as if he calls, “Come unto me all you who are hurting and weeping and grieving. I will weep with you, hold you, and together we will walk and soar again.” God is so good.

The key word is H-O-P-E. Hope is a confidence that what is wanted will happen. It is an assurance that there will be a positive solution to a problem. Hope is the adrenalin of life. It triggers energy, motivates the spirit, causes the juices of the body to flow and heal

and nourish. Hopeful people are alive and well. Hope is a positive attitude that gives zest to living. It is to know that our loving Lord will hold us, encourage us, heal us and lead us to deeper places and higher places. He is there to help the

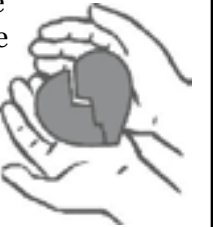
(continued on page 4)

**We are urged to transform these painful experiences into something good.**

**Suffering and hardship force us to lean more on God, less on ourselves**

## Partnering for a Care Conference in your area !

We would like to work with your team to schedule a local mini-conference that would make it easier for people in your area to attend.



We had a number of wonderful events in Garden Grove, California (13) but not everyone could make the trip to the west coast.

So, we are working on several smaller conferences in various parts of the United States.

**How would you like to help host one in your community?**



We will offer as much help as you would like, drawing upon our past experience. You can determine the topics, speakers, schedule any way you want — or we can work alongside your people in developing those things.

And . . . Dr. Jim Kok will come to speak (*no honorarium required*) to share the Care and Kindness vision.

Drop us a line at: [ShowUp@careandkindness.org](mailto:ShowUp@careandkindness.org) to let us know of your interest. Then we can begin planning together!

### Do you have a Kindle?



**The Miracle of Kindness** is published in ebook format for the Kindle. Download your copy today!

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## Kindness Notes from the Business World

You expect to hear comments and instructions on showing kindness from Dr. Jim Kok. You expect to hear them at the various Care and Kindness Conferences. It is exciting, however, to see remarks of this nature in unexpected places.

**Bill Gross**, known as the Bond King and Chief Investment Officer of Pacific Investment Management Company (PIMCO), writes a monthly commentary for the financial market. His articles are directly related to bonds, interest rates, the impact of national and world events on the financial market, etc. However, his **Investment Outlook**, October 2005, which he entitled “Deliberate Acts of Kindness”, began with the following paragraphs:

An old and wise friend gave me some sage advice recently, “Be kind,” he said, “everyone you meet is fighting a battle.” Life is a battlefield, although for some of us, including yours truly, it seems that fate has chosen marshmallows or water balloons instead of hand grenades and M-16s as the weapons of destruction. Still, we all suffer.

Coming into this world must have been no treat. Going out most definitely won't be, and everything in between — well . . . the “eat, drink, and be merry” of Omar Khayyam — is often overwhelmed by the pain of loss, personal debilitation, or simply the deluge of circumstance. It's under these conditions, as my friendly advice-giver would agree, that kindness is the temporary salve that heals. My wife, Sue, is the kindest person I have ever

known; not because of publicized acts of generosity, of which there have been some, but because of everyday acts of kindness, of which there have been multitudes. There are hundreds and hundreds of people who would choose to be one of her best friends if the time were available — some on the A-list, but most of them category B's and C's: waiters, repairmen, average people with greater than average battles being fought behind sometimes cheerful façades. Sue brings music to their quiet desperation.

I have observed through her that being kind involves sacrificing the inward/personal moment for an outward-reaching smile. It includes a heartfelt, not conversationally correct, “how are you”, with more listening than talking. And it can involve, given enough hours in the day, a follow-up good deed or a simple reminder of empathy and caring.

Kindness comes in other forms, too. Jonas Salk was very kind, as are doctors, teachers, or any working person whose outward reach often exceeds personal gain. Lovingly raising a family is an act of kindness. People that write checks for Katrina or African relief are kind as well. I guess when you get down to it, kindness comes in many shapes, but the important thing is that it keeps coming.

We're all fighting a battle, whether it be in New Orleans, Darfur, or Newport Beach, California. I'm going to try to be more like Sue: smile more often, extend an ear even during my busy day, and set a goal to become an Empathy Prince

in addition to a Bond King. (Talk about reach exceeding your grasp!) Join me — if you're not already there.

—Bill Gross

### Garbage

*Continued from page 3*

crushed get up again, get moving again, create solutions, answers and even beauty where there is emptiness, or wreckage.

Most hopeful people have suffered. They are those who no longer

**Life with Jesus is the miracle of the compost pile.**

rest their confidence in their own abilities alone. That's what suffering

and hardship can do to us. It forces us to lean more on God, less on ourselves. It motivates us to look to Jesus. When we rely on ourselves, we know deep in our hearts that what we are relying on isn't very substantial.

Life with Jesus is the miracle of the compost pile. The good Lord takes our garbage and turns it into rich, growth-producing soil.

May this be our outlook on life—that no matter what happens, the loving Lord is there with us and will help us, not only to recover but to become deep, wise, and happy again, and may in fact some day build monuments remembering our suffering as times of growth and healing.



## Care and Kindness Conference

April 12 – 13, 2013  
in Santa Ana, California

**First Presbyterian Church** is a beautiful, historic church in downtown Santa Ana. In the heart of Orange County, this location is easily accessible from LAX, Long Beach Airport or Orange County Airport.



Disneyland, Knotts Berry Farm, Downtown Los Angeles and other area attractions are all nearby.

**You haven't been to Southern California lately?** This conference would give you a good reason to come.

### TOPICS

**Parenting Children in a Difficult World** — Dr. Eric Evenhuis

**Presence Without Words: Being supportive of an Alzheimers patient** — Dr. Jan Pfeffer

**Listening—Much More Than Words Can Say** — Dr. Sande Herron

**Changing Lanes, Redefining Retirement** — Dr. Beverly Battaglia

**Mental Health: Don't Leave Home Without It** — Dr. Debbie Huthinson

**Enhancing Your Prayer Life in Ministering to Others** — Dr. Lydia Sarandan

Registration is \$25, \$40/couple.

### SCHEDULE

**Friday, April 12, 2013**

6:30 Registration

7:00 Music and worship

7:30 — Dr. James Kok — **How Kindness Changed the World**

**Saturday, April 13, 2013**

8:30 — Registration

9:00 — Music and worship

9:15 — Dr. James Kok — **You are the Light of the World: What this really means!**

10:15 — Break

10:30 — Workshop #1

11:30 — Workshop #2

12:30 — Lunch

1:15 — Panel — **Parenting in our Diversified World**

2:00 — Workshop #3

3:10 — 3:30 Closing Dr. Kok

Our website, [www.careandkindness.org](http://www.careandkindness.org), provides more detailed information, such as descriptions of the speakers topics, biographical information about the speakers, and driving directions.

## HAPPENINGS!

### Conference in Anaheim, California

Wednesday, January 30, Jim Kok spoke at a conference presented by California Lutheran Homes Center for Spirituality and Aging and Care and Kindness Ministries. He and five other speakers spoke on **Practicing Kindness: A Framework for Meeting the Challenges of Aging**.

Their topics looked at practicing kindness as a way of caring about others and ourselves; how we can create systems in our organizations that foster kindness, caring and respect for those working with older adults and those they serve; and how we can encourage the intentional practice of kindness by older adults as a spiritual pathway in aging.

### Conference in Cupertino, Calif.

Thursday, February 21, Jim Kok spoke at a conference presented by Sunny View Center for Spirituality and Aging and Care and Kindness Ministries.

The overall design of the conference was similar to the one in Anaheim, but a different group of five speakers presented topics, along with Jim Kok, whose title was “**The Five Key Essentials for Practicing Kindness**”.

# Care and Kindness Conference

April 26 – 27, 2013  
in Chicago, Illinois

**Trinity Christian College** has been the site of two previous Care and Kindness Conferences – 2008 and 2011. The campus is in Palos Heights, which is a suburb in the southwestern Chicago area. It is surrounded by Oak Lawn, Orland Park and Oak Forest.

## SCHEDULE

### Friday, April 26, 2013

6:30 - 7:00 Check-in / Networking

7:00 - 7:30 Worship

7:30 - 9:00 Dr. James Kok “**What Are We Here For: Family First**”

### Saturday, April 27, 2013

8:15 - 8:45 Check-in and Coffee

8:45 Dr. James Kok “**12 Gifts for Pleasing Family Living**”

9:45 - 10:15 Exhibits and morning snack

10:15 - 11:30 Workshops I

11:30 - 12:30 Lunch (provided in dining hall)

12:30 - 1:45 Workshops II

1:55 - 3:10 Workshops III



## TOPICS

**The Art of Supporting Parents As They Age** – Pam Bult

**Sharing space, Showing Love** – Melissa Dykema

**Going into All the World Begins in Your Own Home** – Scott Reese

**What Are We Here For— Family First** – Dr. James Kok

**12 Gifts for Pleasing Family Living** – Dr. James Kok

**Leadership in Your Home** – Mac Wiener

**Providing Food For Families** – Linda Wygant

**Biblical Financial Principles for Families** – Philip Yun

Registration is \$35. Our website, [www.careandkindness.org](http://www.careandkindness.org), provides more detailed information, such as group discounts, descriptions of the speakers topics, biographical information about the speakers, and driving directions.

Give God what's  
right –  
not what's left.



Love is what  
makes you smile  
when you're tired.



I've learned that just  
one person saying,  
“You've made my  
day!” makes my day.



 **Light  
Notes**

**ARBITRATOR:** A cook that leaves Arby's to work at McDonalds

**AVOIDABLE:** What a bullfighter tries to do

**BERNADETTE:** The act of torching a mortgage

**BURGLARIZE:** What a crook sees with

**CONTROL:** A short, ugly inmate

**COUNTERFEITERS:** Workers who put together kitchen cabinets

**ECLIPSE:** What an English barber does for a living

**EYEDROPPER:** A clumsy ophthalmologist

**HEROES:** What a guy in a boat does

**LEFTBANK:** What the robber did when his bag was full of money

**MISTY:** How golfers create divots

**PARADOX:** Two physicians

**PARASITES:** What you see from the top of the Eiffel Tower

**PHARMACIST:** A helper on the farm

**POLARIZE:** What penguins see with

**PRIMATE:** Removing your spouse from in front of the TV

**RELIEF:** What trees do in the spring

**RUBBERNECK:** What you do to relax your wife

**SELFISH:** What the owner of a seafood store does

**SUDAFED:** Brought litigation against a government official

Have you sent  
us your email  
address?

Many people have sent us an email at [ShowUp@careandkindness.org](mailto:ShowUp@careandkindness.org) to provide us with their email address so that we can send the **Care Capsule** to them online.

With all the new technology that surrounds people today (email, Facebook, Twitter, texting, iPads, iPhones, etc.), we have heard occasional remarks that printed material is a bit behind the times.

On the other hand, if you are one who enjoys holding a publication or a book in your hands, we are happy to continue sending printed copies to you.

**What do you think?** If you would like to receive future issues as an attachment to your email, please send us your email address.

Send it to –  
[ShowUp@careandkindness.org](mailto:ShowUp@careandkindness.org)



**Dr. James R. Kok** has written a definitive resource detailing the key essentials in becoming a more caring person in his latest book, “**The Miracle of Kindness**” (available at major bookstores, in either paperback or eBook editions.) A handful of basic tools —wrapped in courage— are the secret to changing the world through intentional acts of kindness.

As the **Koach Of Kare**, Dr. Kok has been a pastor at the Crystal Cathedral for the past 28 years and heads the Care Ministry department of the church. He is the author of six books and numerous articles, and he is the founder of the Conference on Care and Kindness.

“Strange is our situation here  
on earth. Each of us comes for a  
short visit, not knowing why, yet  
sometimes seeming to a divine  
purpose. From the standpoint of  
daily life, however, there is one  
thing we do know: that we are here  
for the sake of others.”

— ALBERT EINSTEIN

# My Favorite Animal



Our teacher asked what my favorite animal was, and I said, “*Fried chicken.*” She said I wasn’t funny, but she couldn’t have been right, because everyone else laughed.

My parents told me to always tell the truth. I did. Fried chicken is my favorite animal.

I told my dad what happened, and he said my teacher was probably a

member of PETA. He said they love animals very much. I do, too. Especially chicken, pork and beef.

Anyway, my teacher sent me to the principal’s office. I told him what happened, and he laughed, too. Then he told me not to do it again.

The next day in class my teacher asked me what my favorite live animal was. I told her it was chicken. She asked me why, so I told her it was because you could make them into fried chicken. She sent me back to the principal’s office. He laughed, and told me not to do it again. I don’t understand.

My parents taught me to be honest, but my teacher doesn’t like it when I am. Today, my teacher asked me to tell her what famous person I admired most. I told her, “*Colonel Sanders.*” Guess where I am now...

## Care Capsule

A publication of Care and Kindness Ministries, as an outgrowth of the Conference on Care and Kindness. Our web page is at [www.careandkindness.org](http://www.careandkindness.org). For a free subscription to **Care Capsule**, send an email to [ShowUp@careandkindness.org](mailto:ShowUp@careandkindness.org)

### Managing Editor

Dr. James R. Kok

### Production Editor

Craig Bourne

[www.careandkindness.org](http://www.careandkindness.org)