

# Care Capsule<sup>®</sup>

*Capsules of motivation to dispense  
care and kindness*

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## It Doesn't Have To Be Complicated

— Craig Bourne

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**The vision of the Care and Kindness Campaign that Jim Kok teaches is to awaken people to how simple it is to make the world better.**

How possible it is for every single person to do things that make a difference to the people around them.

When you think about it, why do you suppose we continually make things more complicated than they need to be?

Why does it seem so easy to overlook the simple things?

You can do the simple things—most people can do the simple things.

Actually, EVERYBODY can do the simple things. So why do we scoff at things that are simple?

In our culture, I fear that the word 'simple' means something that is easily overlooked or dismissed.

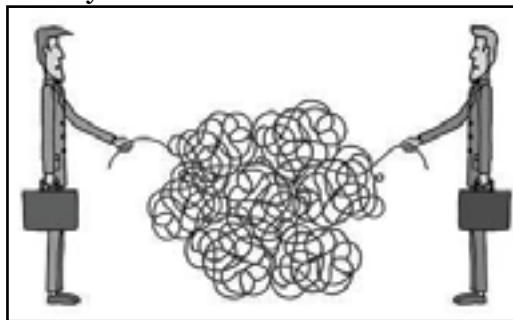
**It doesn't have to be complicated.**

It doesn't have to BE monumental to have a monumental impact. You don't have to go to a third-world country! You don't have to be another Mother Theresa! You don't have to organize another soup kitchen in your community! Those things are all wonderful, and it is necessary that some people do those kinds of things, but if they're not in your nature, or in your calling, don't despair. Don't feel like a 'second best' citizen.

Gentle offers of kindness, in a myriad of little ways, affect others deeply. So, let's be kind! Simple things make

a difference. **They very often make a BIG difference.**

Take three simple ideas: 1.) Greet people warmly, 2.) Make eye contact, 3.) Act friendly. Fold these three actions into your regular way of treating people



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## Not Complicated

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around you, and observe how it changes the day for them—and for you.

We hear countless stories —you’ve undoubtedly heard many yourself — about how a simple greeting, or a smile, or an acknowledgment had a significant impact on someone. Most times, it happened without the giver being particularly aware of what was happening. It was later that they found out how **that one instance** of a simple gift of treating someone kindly was so important to the recipient.

You say, ‘But I already do those things.’ Well, then, you are a blessed gift giver! Keep doing them!

But . . . do you do it as much as you could? Do you think you probably do it as an automatic behavior to people around you? Or does it actually happen less frequently than you think? That’s the point of this lesson. It’s so simple to do these things that we perhaps take them for granted.

Jesus — God, speaking to us in the person of Jesus — was trying to tell us in many different ways that it is simple. He just wants us to love each other. He calls us to loving kindness. We must fully grasp that message from Jesus.

**It’s simple** — Be kind to people, every day. And there’s the rub. You say, ‘Be Kind’? Isn’t everyone already?

I’m reminded of a woman years ago, who, upon being invited to attend a Kindness Event, questioned why she should go. Questioned why she

would need to go. “*I’m the kindest person I know*,” she said. And to me, those words signaled that she didn’t truly understand what we were talking about. In the same way that a humble person doesn’t talk about how humble she is, neither does a person who offers gifts of kindness easily.

**Let’s pause for a moment and approach this from a different angle.**

Do you see how thick the Bible is — how many pages there are in it — and then see it as a giant Rule Book? Do you mentally catalog all the ‘shoulds’ that you read in its pages? Are you also aware of all the ‘thou shalt nots’ that are found there? Who can keep all of those rules in mind!

Or do you see that reading the Bible with an over-arching understanding that all these restrictions we are reading are not ‘rules’ from God; they are not lists of ways to be good Christians; they are formulas to make others and ourselves happy.

That’s astounding, compared to what we have understood in the past! Let’s take **Gratitude** as an example. We get the message from our Bible studies that we are supposed to be grateful. We are supposed to be thankful. But why?

Why should we show gratitude? Is that what makes God happy? Is that what will make us appear as better persons in His eyes? Are we better, more faithful Christians when we live a life of gratitude?

Or . . . is it that living that way makes life better for us while we live here on earth?

**Yes!** It makes us happier. It makes us healthier!



**Dr. James R. Kok’s** definitive resource book, “**The Miracle of Kindness**” (available at major bookstores, in either paperback or eBook editions.) details the key essentials in becoming a more caring person. His latest book, “**Transform Belief Into Behavior**” provides the Biblical background for these key essentials and outlines the Theology of Care and Kindness.

As the **Koach Of Kare**, Dr. Kok was pastor at the Crystal Cathedral for 29 years and headed the Care Ministry department. The author of seven books and numerous articles, and founder of the Care and Kindness Campaign, he officially retired in 2013, but continues to write, to speak nationally, and to serve as volunteer pastor at Shepherd’s Grove.

This phenomenon has been researched extensively in a variety of public universities. Professor Robert Emmons, from California State University-Davis, is the leading student of this timeless biblical behavior. His research did not examine it as a biblical idea, but as a common human activity. In his book, **Thanks**, Dr Emmons, who is a Christian, reports on the UC Davis research into the practice of

We take them  
for granted

It makes us  
healthier

thoughtful gratefulness and the discovery of the accrual of benefits that come from gratitude.

According to Emmons, the words 'diligently thankful' mean regularly listing, reflecting, and focusing on specific items, actions, inventions, experiences in nature, with people, places, or articles. Those who made a daily practice

of consciously calling to mind, remembering, and even writing down what they were grateful for were healthier and happier. They got more sleep; they had fewer illnesses; they were more determined and enthusiastic. They had longer lives and closer family ties. They were more likely to have helped someone else; and they were perceived by others to be more generous and helpful.

Another research study was on people who were going through organ transplants. There were two groups of people at one university: one group was immersed and indoctrinated in the gratitude concept; the other was not. The results of the study showed that people who were actively working at gratitude actually healed faster.

Other groups have found that **gratitude lessens depression**. They have discovered that the antidote to mild depression is to immerse yourself daily in thankfulness and gratitude. They found that there are better heart rhythms, and that it affects your blood count and offers a whole lot of other benefits.

The point is that God / Jesus wants us to live a life of gratitude because it makes life better for us NOW. It's not a way of earning points for the

after-life; it's not a way to get God to view us more favorably — it is the way to be more blessed each day that we wake up and are able to breathe for another twenty-four hours.

So, now, getting back to the main point of this commentary: Jesus' teachings are ways to make life on earth better — for us . . . and for people around us. We can make life better for others by loving them. And then, to take it a step further, the way to love people is to be kind to them. Being kind is a simple act — **it doesn't have to be complicated!**

**It is a way to  
be more  
blessed every  
day**

**An example:** Offer compliments.

Yes, of course you compliment people—from time to time. But did you make an effort to offer a compliment to the checker in the grocery store today?

How long has it been since you offered a compliment to the mailman, or the UPS man at your door? Think about giving a compliment to the clerk at the post office when you go today.

Offering compliments is a **simple** way of being kind and showing love. Don't let those people miss out on your gift because you were busy taking care of business!

Jim Kok's book, **The Miracle of Kindness**, is packed with ideas of simple, practical things you can do to 'raise the bar' in your own efforts to dispense kindness. It has dozens of stories of what people have done. His book is a handbook, a reference book, to keep feeding yourself with ways you can improve the world around you by the little things you do.

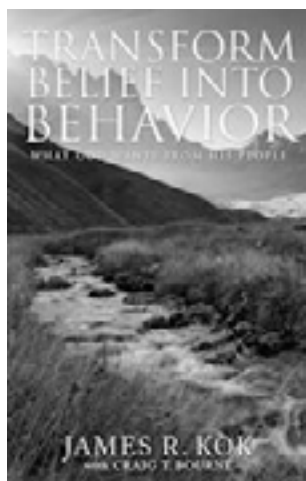
Here's one example from the book. A man said, *"I just got back from a week-long cruise to Mexico. One of my friends on the cruise had a very hard time finding someone to come in to water and feed his dogs while he was gone . . . so I came up with my new good neighbor plan."*

He sent out a letter to the twenty-four apartments in his complex that said, 'Call me if you need someone to water and feed your cats or dogs, fish or birds while you are gone. I will walk your dogs if needed. Call me if you need

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## **New Release**

Jim Kok's newest book,  
**Transform Belief Into  
Behavior**,  
is now available in bookstores  
and on Amazon.com



*If you would like an autographed  
copy, you can order from:*

**Care and Kindness  
Ministries**,  
10073 Valley View St, #429,  
Cypress, CA 90630,  
for **\$16.00**



# Care Conference in Sun Lakes, Arizona

Sun Lakes United Methodist Church held a Simple Acts of Care and Kindness (S.A.C.K.) conference on March 20-21.

*A large crowd enjoyed a very successful two days together. Inspirational music, motivating and informative speakers, helpful breakout sessions, countless happy, friendly people. These pictures will bring back memories for them of a wonderful weekend together. An album of more photos is posted on the conference web site:*

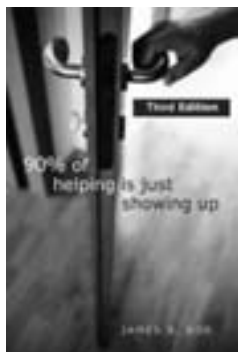
[www.careandkindness.org/SunLakes/Photos/index.html](http://www.careandkindness.org/SunLakes/Photos/index.html)



**New Edition**  
now available

Jim Kok's first book, **90% Of Helping Is Just Showing Up** is now in its third edition!

This edition features an entirely new discussion section at the end of each chapter that challenges both individuals and groups to think about — and act on — the many ways of caring.



Available from Amazon.com or  
order from

**Care and Kindness  
Ministries,**  
10073 Valley View St, #429,  
Cypress, CA 90630,  
for \$12.00

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## Weekly Blogs from Jim

Are you receiving the email notices of Jim Kok's weekly blogs?

They are sent out each Friday and the feedback we have been getting is very encouraging. These are short little messages that can be read in a few moments.

To be added to the distribution list, send us an email request at [ShowUp@careandkindness.org](mailto:ShowUp@careandkindness.org)

## Finding a Coin Can Trigger Love

— **Jim Kok**

Positive experiences are spiritual events. That is, something heart-warming or supportive that happens to us is more than just something pleasant. We are changed, in a positive direction, by such occurrences.



One fascinating experiment pointed nicely in this direction. Researchers placed a few coins in the coin return of a classic old pay-phone. Just a little change, like nickels, dimes and quarters, in a public area where people always passed.

What happened was predictable. Folks walking by would put their fingers in the coin return to check if there might be something accidentally left there by a careless phone user. And sure enough some of them, but not all, found something!

The next part of the experiment was a 'manufactured' crisis that was set up nearby. An elderly woman was struggling to pick up the contents of her push-cart that had tipped over, creating a mess and troubling the aged cart pusher.

The response of the coin checkers proved meaningful. Those who had found a coin or two all stopped to help the upset woman. Those who found nothing just kept on going without lending a hand.

What made the difference? Why did some people stop to help and others did not? The 'good luck' of finding a few coins had a ripple effect of passing on the goodness. If mindlessly finding a coin can trigger love, or an act of kindness, it is obvious how beneficial a smile, a compliment, or a word of appreciation and admiration, really is.



**Each of these simple acts can start a ripple effect.** A small act of kindness can cause the receiver to do the same for someone else. And . . . as the old commercial used to say . . . and so on, and so on, and so on.

Goodness is from God. So when good times pass our way, we are being caressed and nurtured by God, whether we know it or not. Such times can lift our spirits, nourish our souls and make us more loving, and a lot more.

Health, happiness, love, compassion, and much more is a fringe benefit of receiving a tidbit of loving-kindness, of enjoying a delicious meal, or having any 'mountain top' thrill — even simply finding a coin.

Obviously finding a coin was spirit lifting. Whether we can say it was

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## Light Notes

Parallel lines have so much in common.

It's a shame they'll never meet.

My wife accused me of being immature. I told her to get out of my fort.

Women only call me ugly until they find out how much money I make. Then they call me ugly and poor.

What do you call a dog with no legs.

**Answer:** It doesn't matter; it's not going to come.

What's green, fuzzy, and if it fell out of a tree it would kill you?

**Answer:** A pool table.

Apparently, someone in London gets stabbed every 52 seconds. Poor guy!

How do you find Will Smith in the snow?

**Answer:** You look for the fresh prints.

I went to a really emotional wedding the other day. Even the cake was in tiers.

## Finding Coins

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heart-warming or cheering or inspiring doesn't matter. The evidence showed that no matter what we call it, it had a positive effect on the one who found something. It seems safe to say it triggered loving-kindness in them.

The experiment proves the value of our Care and Kindness campaign. Every little touch is life-affecting goodness flowing from Jesus through us into others. And it changes the recipient! It begins a ripple effect. Loving kindness is good for people; good for humanity; good for the world.

**How many ripples can you start today?**



## Not Complicated

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indoor or outdoor plants watered while you are gone. Call me if you need a lift to or from the airport, or a lift to the car dealer — whatever. Call me for any other needs you have where a good neighbor can help.'

That is being kind. And it wasn't complicated!

**Do simple things.** They make a difference!

Make a resolution to daily do a little more.



**If we knew the power of kindness, we should transform this world into a paradise.**

— Charles Wagner,  
French reform pastor



## Partnering for a Conference!

**Would you like to help host a Care and Kindness Conference in your community?**

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

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 provide someone to work alongside your people in developing those things.



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!



## Little Larry

A new teacher was trying to make use of her psychology courses. She started her class by saying, *“Everyone who thinks they’re stupid, stand up!”*

After a few seconds, Little Larry stood up.

The teacher said, *“Do you think you’re stupid, Larry?”*

*“No, ma’am, but I hate to see you standing there all by yourself!”*

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Larry watched, fascinated, as his mother smoothed cold cream on her face. *“Why do you do that, mommy?”* he asked.

*“To make myself beautiful,”* said his mother, who then began removing the cream with a tissue.

*“What’s the matter,”* asked Larry, *“are you giving up?”*

### **Care Capsule**

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