

Care Capsule[®]

Capsules of motivation to dispense care and kindness

Love is More Than a Feeling

— Dr. James R. Kok

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Tears were in Mary's eyes as she walked through the mall. The jeweler had just informed her that a missing diamond in her ring would cost \$400.00 to replace. It was such a major cost and the lost jewel had been part of her original wedding ring.

As she mournfully walked, she encountered a small lad, weeping and looking lost. She stopped and immediately reached out to him. She tried to comfort him.

And then, shortly and happily, his big sister soon appeared looking for him.

Feeling miserable herself, Mary had nevertheless expressed

important loving-kindness to the lost little boy. And that is an important fact of life.

When Jesus told his followers, and all of us, to love one another, he was not talking about warm feelings, emotional energy, or physical attraction. It was about attitudes and actions that lifted, encouraged, fixed, solved.

You see how Mary demonstrated that? What were her feelings? She was sad and mournful over the lost diamond, ap-

prehensive about the cost of a replacement, distraught because this was about her original wedding ring. She was in no mood to be helpful or to be thinking about



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Love is More

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other people. She was wrapped up in her own problem.

And yet . . . she allowed herself to notice the little lost boy. She made the effort to comfort him. She showed kindness, not because she was in the mood to do that sort of thing, but because she made the decision to do it.

To love one another calls for us to be alert, aware, and attentive to our

surroundings and the people around us, or those that we know about, directly or indirectly – by word of mouth, news items, or other communication resources.

Loving one another is not the same for everybody, of course. Some are inheritors of tremendous cognitive talents. They are thinkers who live in a world different from the less thoughtful. Their focus is opposite from the extrovert who is connecting with everyone he sees or meets. But even the ‘thinkers’ are called by Jesus to break out of their shells and reach out to the hurting, the lonely and the troubled. It may take them extra effort, but it is the mandate for all of us to live in a wider world and be personally connected to needy people to some extent. Living in a cognitive, or any other kind of shell, is not

You don't have to have the feelings in order to take the actions

appropriate twenty-four hours a day.

It was more than a half-century ago when I was a college student, too poor to own a car. Hitch-hiking was the way in those days that some of us young men made our way around the state. I remember being picked up by a middle-aged man in a large four-door Buick. He looked rather well-to-do. And as he talked, I became aware that he was in some aspect of the jewelry business. But the unforgettable thing was that he drove me to my destination at least a mile off the highway.

Here I sit over fifty years later, still touched and lifted by that good stranger. His kindness touches my heart today!

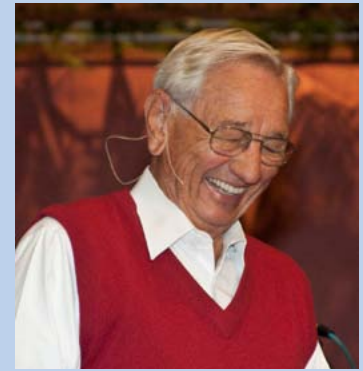
The good man never had a clue about what his kindness did for a poor college student. It may have emotionally carried me over a handful of worries and distresses.

Over fifty years later, I am still touched by that good stranger

There may have been some

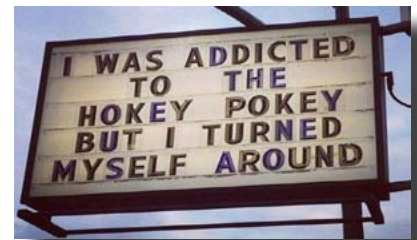
sympathy that was motivating the Buick driver when he picked me up, but maybe not. What he did, however, is a model for our lives: we are called to notice need, be aware of frustration, realize people's pain. It is more

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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.



Love is More

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of a thoughtful activity than one motivated by feelings or emotions. Sympathy and empathy are gifts of God that can move us into helping those

Loving kindness is a life-giving choice, not simply following feelings

who are hurting or in distress. But thoughtfulness and realization must lead the way. We must think about the needs of humanity and move into helpfulness.

When Jesus called us to “love one another”, feelings and emotions were not likely part of His agenda. Loving feelings have become a major part of our love-consciousness. But love is so much bigger than our feelings.

We see that when we look at the life of Jesus. There was so much distress, pain and suffering as He lived his life and died for us. Loving kindness was a life-giving choice, not simply following feelings of compassion and sympathy—although that was clearly present in Jesus’ life also.

So we are called to thoughtfulness and awareness of the people and world around us. Action to meet needs follows. We may be busy with other things or hurting for some reason ourselves when we see and realize a need and move into helpfulness. Remember, love is more than a feeling. Love is care and kindness **in action** that meets a need we know about. And sometimes such helpfulness (love) removes or reduces our own pain.

Much of the time we can distribute love to people who do not even realize they can use some. When you compliment the cashier for her nice-looking earrings, she will be surprised by your gift. When you tell the auto-mechanic how much you appreciate his good work, he, too, will be flabbergasted, not expecting anything at all.

Most of the people we meet in our daily activities are just busy doing their jobs. The nurse, the mail-man, the gas station clerk, the policeman will be surprised by joy when told their work is so important and appreciated. You don’t need be in a warm, expansive mood in order to do this — you just need to do it. Love is an action. Love is a decision.

A friend of mine told me something he was doing that is 100% fresh and original. He said he is sending e-mail notes to L.A. Times writers, using the contact information at the end of many columns. What a beautiful way to do a surprisingly unique brand of loving-kindness.

A few mornings ago I noticed a police vehicle across the street in front of our house. I figured he was bothered by the large van parked on the wrong side of the street. I strolled over to his open window and chatted a little with him. Then I said, “*Thank you for taking care of this*”. “*Wow,*” he said, “*no one has ever said something like that to me.*”

The message that I want to emphasize and clarify is that you don’t have to have the feelings in order to take the actions. Mary certainly didn’t have warm, expansive feelings or a positive mood at the mall, but she did the right thing anyway. The man who writes notes to the newspaper columnists may not feel like doing it on a particular day, but he has undertaken the project anyway. I didn’t mention that my day had started off poorly, but I nevertheless spoke positive words to the policeman. Acts of kindness, words of help or encouragement, gestures of caring — all of these are intentional acts that don’t wait for the feelings to come first.

We are in this world to brighten it, to lift people, to encourage others. That is a big part of what it means to “love one another”. And it is not a matter of following our feelings. It is a matter of working thoughtfully at doing what Jesus called us to do.

Another Care Conference for East Coast people

... or for folks who'd like to plan a trip to
the New Jersey area in the fall

October 1, 2016

Pompton Plains/Pequannock, New Jersey

Beautiful Pompton Plains, NJ is the site of the Care and Kindness Conference on October 1, 2016 and will be hosted by the **First Reformed Church** on their historic campus.



This year's event is being organized by **Atlantic Health System**, a leading non-profit health care delivery system in New Jersey with some of the highest ranked medical centers in the New Jersey and the New York metropolitan areas.

Atlantic Health System also provides a variety of faith-based services to empower religious congregants to lead healthier lives – physically, emotionally and spiritually. The **Faith Community Health Partnership** program provides training for congregational volunteers and timely notification when members are hospitalized or discharged, so that care can continue until individuals return to full health.

They are proud to sponsor the 2016 Care and Kindness Conference.

Dr. James Kok will be the keynote speaker. Twenty workshops will be presented on topics of forgiveness, art/music therapy, meditation, active listening, substance abuse, healthcare decision making, care for the caregiver, suicide, depression, and more.

The mission of the conference is to touch people's lives; to enable them to grow and minister to others; to help attendees heal, develop and enhance their caring skills so that they could live healthier emotional and spiritual lives.

Go to our new website (peoplekindness.com) and click on **Care Conferences** to view more details.

New Website for Care and Kindness Ministries

A long time ago (*in today's digital world*), we developed our first web page — way back in 1999. It was created primarily to provide details about the Care and Kindness Conferences and to keep people reminded during the intervals between conferences of care and kindness ideas. It stayed with that focus for a couple of years.

Then, in 2001, access to previous issues of the **Care Capsule** was provided as an additional feature on the web page.

In 2002 the Home Page got a new look, which was updated further in 2003, 2010, and 2014. This is the design that has remained and is still in use at www.careandkindness.org.

But now . . . we have launched a new site that makes use of all of today's technology features!

We are particularly excited about it because the pages are automatically resized appropriately to look good on the variety of digital devices that each have different size screens — iPads, smart phones, tablets, laptops, etc. In other words, whatever you are using to look at the website, it looks like it was designed just for your device.

We have a new web address for this site, which you will want to mark as a Favorite or a bookmark on your computer: peoplekindness.com.

Our original site, careandkindness.org, is still available, and contains links to all the archived conferences that have been held throughout the years.

But come check out our new pages at peoplekindness.com — we think you will really like them!

Are you a
Facebook user?

Care and Kindness
Ministries has a
Facebook page!



Have you looked for it while browsing through your Facebook entries?

Just do a **Search** for our name (Care and Kindness MINistries).

It would be helpful to us if you would **Like** our page. It will help us spread our vision and our message.

Weekly Blogs from Jim

As a subscriber to the **Care Capsule**, you are receiving emails with Jim Kok's weekly blogs

Send us the addresses for others in your church, or of your friends who would like to read his weekly Thoughts.

Write to us at [ShowUp@careandkindness.org](mailto>ShowUp@careandkindness.org)

KIN, KINDRED, KINDNESS

How interesting that kindness, with qualities so low-key, so opposite of heroic, with synonyms like 'gentle,' 'considerate,' and 'benign,' shares its Middle English roots with 'kin' and 'kindred.' So under the radar in our ADHD, hyped, instant-celebrity, instant-reward society, where we consume images of violence of word and deed at dinner.

What power has kindness against machine guns, or drones that drop bombs to attack the ones who send young men willing to die if only they can take with them strangers their handlers have told them to hate?

What power has kindness against diseases we can't yet cure? Against the suffering that our drugs can't alleviate? Could it be that the unseen power of kindness lies in that centuries-old connection to 'kin' and 'kindred'? That strength of our connection to all others, despite our illusory divisions into races, ethnicities, tribes and families?

If I know myself to be your sister, mother, niece, daughter, and grandmother, no matter whether I've ever even met you, my anguish for your pain matters; my 'no' to those who blame our ills on the stranger matters.

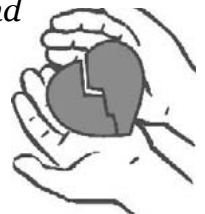
Even the door I hold for you when we enter a store together matters. And the smile you give back.

Yes. And yes.

The intention to be gentle with ourselves and everyone we meet, in fact or in mind, matters.

Yes.

Written by **Eleane Barden, PhD**, Montclair State University. She was the second place winner (tie) in the Healing Voices Literary Contest, a program of the Arts and Health Partnership of Atlantic Health System and Montclair State University





Light Notes

Adult Truths

1. Sometimes I'll look down at my watch 3 consecutive times and still not know what time it is.
2. Nothing sucks more than that moment during an argument when you realize you're wrong.
3. I totally take back all those times I didn't want to nap when I was younger.
4. There is great need for a sarcasm font.
5. Map Quest really needs to start their directions on # 5. I'm pretty sure I know how to get out of my neighborhood.
6. I'm always slightly terrified when I exit out of Word and it asks me if I want to save any changes to my ten-page document that I swear I did not make any changes to.
7. I think the freezer deserves a light as well.
8. I have a hard time deciphering the fine line between boredom and hunger.
9. How many times is it appropriate to say "What?" before you just nod and smile because you still didn't hear or understand a word they said?
10. Even under ideal conditions people have trouble locating their car keys in a pocket, finding their cell phone, and Pinning the Tail on the Donkey . . . but I'd bet everyone can find and push the snooze button from 3 feet away, in about 1.7 seconds, eyes closed, first time, every time.

THE WORLD IS MINE

- Joy Lovelet Crawford (1963)

Today, upon a bus, I saw a very beautiful woman and wished I were as beautiful. When suddenly she rose to leave, I saw her hobble down the aisle. She had one leg and used a crutch. But as she passed, she passed a smile.

Oh, God, forgive me when I whine. I have two legs; the world is mine.

I stopped to buy some candy. The lad who sold it had such charm. I talked with him; he seemed so glad. If I were late, it'd do no harm.

And as I left, he said to me, "I thank you, you've been so kind. It's nice to talk with folks like you. You see," he said, "I'm blind."

Oh, God, forgive me when I whine. I have two eyes; the world is mine.

Later while walking down the street, I saw a child that I knew. He stood and watched the others play, but he did not know what to do. I stopped a moment and then I said, "Why don't you join them, dear?" He looked ahead without a word. I forgot, he couldn't hear.

Oh, God, forgive me when I whine. I have two ears; the world is mine.

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 to let us know of your interest. Then we can begin planning together!

With feet to take me where I'd go —

With eyes to see the sunset's glow —

With ears to hear what I'd know —

Oh, God, forgive me when I whine. I've been blessed indeed, the world is mine.





Little Katie

One day the first grade teacher was reading the story of Chicken Little to her class. She came to the part of the story where Chicken Little tried to warn the farmer.

She read, “... *and so Chicken Little went up to the farmer and said, ‘The sky is falling, the sky is falling!’*”

The teacher paused then asked the class, “*And what do you think that farmer said?*”

Katie raised her hand and said, “*I think he said: ‘Holy Cow! A talking chicken!’*”

The teacher was unable to teach for the next 10 minutes.

A certain little girl, when asked her name, would reply, “*I’m Mr. Sugarbrown’s daughter.*”

Her mother told her this was wrong, she must say, “*I’m Jane Sugarbrown.*”

The Vicar spoke to her in Sunday School, and said, “*Aren’t you Mr. Sugarbrown’s daughter?*”

She replied, “*I thought I was, but mother says I’m not.*”

Katie asked her mother, “*Can I go outside and play with the boys?*”

Her mother replied, “*No, you can’t play with the boys, they’re too rough.*”

Little Katie thought about it for a few moments and asked, “*If I can find a smooth one, can I play with him?*”

Care Capsule

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Managing Editor

Dr. James R. Kok

Production Editor

Craig Bourne

peoplekindness.com

