

# Care Capsule<sup>®</sup>

*Capsules of motivation to dispense care and kindness*

Volume 19 - Issue 3  
No. 56  
August 2016

## Are You Active or Passive?

— Dr. James R. Kok

**Care and Kindness is an active concept.**

**We have a responsibility to be pro-active in applying this vision.**

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**To some, Care and Kindness is warm fuzzies — smiling at people, being nice, perhaps being a better listener.** They take a fairly 'passive' position in providing acts of Care and Kindness. To others, the real impact of Care and Kindness is in being pro-active — taking actions that

**Example:** For how many years did people in wheelchairs face the difficulty of entering public buildings and businesses which had stairs? How many times were they prevented from entering because there was no way for them to get their wheelchairs up the stairs — no ramp, no elevator, no alternatives? How many times did they have to rely on others to carry them and their wheelchairs up



will benefit others; actions that are a choice for them. They perform deeds neither required nor even expected, but deeds which will definitely benefit others and impact people for good.

the stairs (and then DOWN again, later)?

Then the government stepped in and made it a requirement that buildings with steps must also

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provide a wheelchair ramp. At that point, under penalty of law, ramps were installed at the front of buildings. Sloped areas were cut into street curbs at the crosswalks.

Why was it necessary for us to be forced to do something that was needed — something that would help a number of other people? An individual or an organization would truly demonstrate Care and Kindness if they installed wheelchair ramps BEFORE they were required to. They would have taken action when they woke up to the need that existed.

True, it would have cost them money that they didn't have to spend. But when the law required these changes, the money had to be spent anyway. So, financial cost isn't a fair consideration.

People who adopt an attitude of Care and Kindness take actions they don't HAVE to take.

**Example:** How long have we had smoke detectors available for purchase and installation? How many times have we heard that smoke alarms have saved people's lives? And yet how many people voluntarily installed them in their homes and in their businesses? The installation of a smoke alarm is an act of Care and Kindness. It exhibits concern and care for the well being of others.

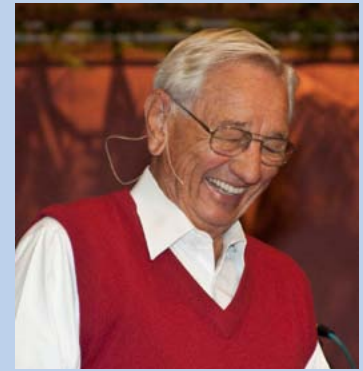
Today, we are required by building codes to install these devices in new construction, and even in older portions of a home or business, when new construction is added. So . . . we now install them everywhere — because we are REQUIRED to do so.

It is exactly parallel with the first example. Earlier installation would have cost money that didn't have to be spent. Yet, we end up spending it anyway. Financial concern is no excuse! Acts of Care and Kindness must not be restricted because of money issues.

**Another example:** There are many organizations that are operating under this philosophy of Care and Kindness. A major one is Habitat For Humanity. They build houses for people who need them simply because they are needed. How many other organizations can you think of that operate under this principle? We must thank God for the work of Habitat for Humanity.

The key question is: What are YOU doing that exhibits Care and Kindness? What are you doing that you don't have to do? What actions are you taking that are not required by law, code, penalty, etc.? We can't leave it to others, such as Habitat for Humanity—we must take a pro-active stance on our own. These are the ways that we demonstrate our faith. This is how we put our faith into action. We show

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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.

# Light don't make noise

— Dr. Rhea Zakich

Every week, I used to drive past several bus stops on a busy street. I began to notice an older, rather disheveled woman who sat at the same bus stop every day but never actually got on a bus when it stopped. It made me wonder what stories she could tell.

When I stopped in the strip mall behind the bus stop one day I decided to speak to her. She responded to my greeting in a soft voice with a slight smile. I noticed her face was wrinkled and weathered and wondered if she ever used sunscreen. Was she homeless? Did I dare ask? What did she do or think about sitting there all day?



I decided to ask her. *“I pray for people getting on and off the bus,”* she said without hesitation.

I was taken aback by her bold statement and wasn't sure what to ask next.

How does she know what to pray if she doesn't even know them, I mused. I decided to ask if she knows them personally. She responded, *“No, I just pray for them.”*

When I asked if she ever talks to any of them, she said, *“No, I don't have to talk to them. I just shine my light on them....”*

I stood in silence for a moment. Then she finished her sentence ... *“light don't make noise.”*

I couldn't get her words out of my mind the rest of the day, “Light don't make noise.” This was

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our love for God by doing things that help other people for His glory. We do these things voluntarily, without waiting until we are required to do them.

It doesn't matter whether or not you call yourself a Christian; showing acts of Care and Kindness is a way for everyone to give back to society. Your religious belief system is not at stake. Society in general (whether through friends and community or through government) has provided each of us with much to be thankful for. We have an obligation to give something back in return. Care and Kindness makes you a better person and provides a means for you to partially repay your debt to society.

Care and Kindness is not passive; it is not a warm fuzzy; it is not simply being a nice person. Care and Kindness is a pro-active position and a pro-active attitude. Look around. See where there are needs that are not being met — needs that are not yet being addressed by law.

What can you do that will help others before it becomes law that you MUST do?



her way of blessing people. It was something she could give to others. She was letting her light shine, hoping to help others find their way. She didn't have to talk (or use perfect grammar).

I am reminded of this saying from Dwight L. Moody:

“A holy life will produce the deepest impression. Lighthouses blow no horns; they only shine.”

## 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](http://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](http://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](http://peoplekindness.com).

Our original site, [careandkindness.org](http://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](http://peoplekindness.com) — we think you will really like them!

# “You miss 100 % of the shots that you do not take.”

— Wayne Gretzky

*The following remarks were sent to us recently — and we thought they were worthy of being passed on.*

It seems that random acts of cruel human violence are coming at an increased and more frequent pace. The news from around the world is even more violent than the current culture: movies, videos, and television. Any cause and effect? That certainly is another discussion.

In any event, what can the average non-violent citizen do to stem this seeming tide of nonstop violence? Moaning, groaning, and wringing of hands is not stemming the tide.

What I am currently doing really is this: and I say this because everyone can actually do the following . . . random acts of ‘sort of good deeds’. Share some of your good nature.

**Examples:** gladden the heart of a child, talk to an old person, pick up a piece of trash from the street. These are actions that we all can control; we can repeat as often as we care to; and they cost nothing or very little. A critical mass of many small kind actions may — and will — counter-balance some of the brutish events of late and recent history. At least, if you are doing something good and nice for someone, you are setting an example.

The other day, as I was waiting in line for breakfast at McDonald’s, the guy next to me was paying with a gift card. The card was short by \$1.61. There was an awkward pause as the guy tried to back off on his order and the McDonald’s employee was at a loss as to how to handle it. I just gave the clerk two dollars and said, “*Here, use this and give me the change.*” Which she did. The guy said thanks and showed me his empty wallet.

The kids behind us were impressed, I think. The point is that we all have opportunities, every day, to go one step further and make a bit of a difference. Give that screaming kid a shiny new dime. With the parents permission, of course. I have

found that this usually quiets the kid for a moment, giving the care taker a minute to recover.

Wayne Gretzky (the great Canadian hockey player) once said, “*You miss 100 % of the shots that you do not take.*”

Take a shot or two today.



***If you see someone without a smile, give them one of yours.***

**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 click on **Like** for our page. It will help us spread our vision and our message.



# Light Notes

## Tom Swifty Lines

“I can’t believe I ate that whole pineapple!” Tom said dolefully.

“I dropped the toothpaste,” Tom said, crestfallen.

“That’s the last time I pet a lion,” Tom said offhandedly.

“We don’t have a homerun hitter,” Tom said ruthlessly.

“I’ve lost a lot weight,” Tom expounded.

“I keep shocking myself,” said Tom, revolted.

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## Slogans for College Majors

**Chemistry:** Where alcohol IS a solution.

**Aerospace Engineering:** “It actually IS rocket science.”

**Philosophy:** Think about it...

**Photography:** It’s worth a shot.

**Graphic Design:** No, we aren’t artists. We are designers. There’s a difference.

**Criminal Justice:** We’re here because of Law & Order reruns.

**Speech Pathology:** We have ways of making you talk.

## A Good Attitude

The 92-year-old, petite, well-poised and proud lady, who is fully dressed each morning by eight o’clock, with her hair fashionably coifed and makeup perfectly applied, even though she is legally blind, moved to a nursing home today.

Her husband of 70 years recently passed away, making the move necessary. After an hour of waiting patiently in the lobby of the nursing home, she smiled sweetly when told her room was ready.

As she maneuvered her walker to the elevator, I provided a visual description of her tiny room, including the eyelet sheets that had been hung on her window.

“I love it,” she stated with the enthusiasm of an eight-year-old having just been presented with a new puppy.

“Mrs. Jones, you haven’t seen the room . . . just wait.”



“That doesn’t have anything to do with it,” she replied. “Happiness is something you decide on ahead of time. Whether I like my room or not doesn’t depend on how the furniture is arranged...it’s how I arrange my mind. I already decided to love it.

“It’s a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do.

“Each day is a gift, and as long as my eyes open, I’ll focus on the new day and all the happy memories I’ve stored away just for this time in my life. Old age is like a bank account: you withdraw from what you’ve put in. So, my advice to you would be to deposit a lot of happiness in the bank account of memories.

“Thank you for your part in filling my Memory bank. I am still depositing.”



## Share ‘Thoughts From Jim’ with your friends

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

Let others know about these helpful reminders and thoughts . . . send us the addresses for others in your church, or of your friends, who would like to read his weekly mailings.

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



## Kelli's Viewpoint

When my daughter, Kelli, said her bedtime prayers, she would bless every family member, every friend, and every animal (current and past).

For several weeks, after we had finished the nightly prayer, Kelli would say, "And all girls."

This soon became part of her nightly routine, to include this closing.

My curiosity got the best of me and I asked her, "Kelli, why do you always add the part about all girls?"

Her response was, "Because everybody else always finishes their prayers by saying 'All Men!'"

## Care Capsule

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

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