

"I love the one who is near to me"

Hello kindness



## Objective

To experience the joy for the gift that the others are for us with their skills and qualities

## Where we left off ...

Last time, we brought home the "jars of kindness": thus we discovered that we have many good qualities which the others appreciate in us and which we can put at the service of others. Let us share how it went.



- Which card made you particularly happy while reading it?
- Was there a good quality in you which you did not notice to have and which surprised you upon finding it in the jar?
- Can we recall some experiences wherein we were able to put at the service of others our quality or talent?



## Let's give a hand... or a foot!

**OBJECTIVE:** To help one another by putting at the service of others ideas and skills, cooperation.

**DURATION:** 5 – 10 minutes

**VENUE:** Open or closed (it would be useful to cover the floor where the player stands with a newspaper or cellophane)

**PARTICIPANTS:** groups of five

**MATERIALS:** nothing.

**FLOW:** The participants are divided into two small groups of five persons each. All groups will line up in one part of the hall or sports field. At the start, they must reach the opposite side by walking with as few feet as possible (with seven or six or even less).

It's not important who will arrive first but which group is able to do it with the least number of feet and how its members organize themselves, helping one another reciprocally

**OBSERVATION:** It's a fun game that entails a lot of challenge. The group which showed more cooperation (which does not necessarily have to be the fastest) may then be given a prize.

**VARIANT:** The level of difficulty may be raised by putting obstacles along the way which the team must surpass.

### REFLECTION:

- What do you like about the game?
- Could you tell which contribution that made the game a success was given by each member of the team through his or her particular qualities?

## Let's live in this way

Some days before the school trip which I would do with my class, our teacher invited us to choose a partner. My best friend Sara had chosen me and I was happy. Turning around, however, I saw Nimoe, who no one wanted to stay close to. Everyone saw her as a strange girl who would bite pens, paste, rubber, and coloring materials. Then I thought: **"There's Jesus in her, therefore I should love her. Yes, I should love her with all my heart!"**

So I told my teacher: "I'd like to be with Nimoe". She hugged me tight and exclaimed: "You're a true friend!". Sara also agreed because someone else had chosen her as a partner. **I was happier than they, because it's as if my heart was going mad with joy!**

M. G. [Italy]

**One early morning, I was going to school.** I met an old lady who was carrying a very big and heavy bag. I was with my friends. When they passed by her, the lady did not say anything. Instead, when she saw me, she asked me to help her [carry] one of her bags.

My friends continued to walk ahead, telling me that I would be late for class. But as I looked at the bag, I realized how heavy it must be.

**So I decided to help that lady and accompanied her up to the front of her house.** She was very happy and she gifted me with a sugar cane and I was very happy. I thought I would be late for class, but fortunately the teacher was not able to come to school. **I was even happier for what I did!**

S. [Cameroon]



## KINDNESS



**Kindness is the opposite of envy.** Meanwhile Mary learned that her cousin Elizabeth, who no longer hoped to become a mother because she was already old, through God's grace, became pregnant. **Full of joy, Mary set out on a journey to help her cousin until the child would be born and to share her joy.**

When Elizabeth saw her arrived, she too was full of joy; she too praised God for the immense gift that He had made to Mary. Elizabeth was so happy that she did not feel worthy to be given that much care by Mary who came to look for her and help her in her house. **Now the virtue that Mary and Elizabeth exercised towards one another is kindness**, the virtue opposed to envy, because it rejoices in the wellbeing of others and together with others. A kind person also gives thanks in his/her heart to God for the things that the others have received.

*Chiara*

Chiara Lubich,  
Gen 3 Congress, 1973, Rocca di Papa,  
"NO TO VICIES, YES TO VIRTUES"

On website <http://assistentigen3.focolare.org>  
Video in IT – EN – ES  
and PPT in international version

## DEEPENING

### The same love of the Father

Read together the Word of Life suggested for this virtue that corresponds to the Gospel passage: "But we had to celebrate and be glad, because this brother of yours was dead and is alive again; he was lost and is found" (Lk 15:32). Then help one another in getting the objectives in order to live this Word.

## KINDNESS in films

On the website: <http://assistentigen3.focolare.org> you can download the videoclip **Kindness Bomerang**.

A first gesture of love and concrete help can start a wave of kindness which gives everyone the possibility to be a gift for others.

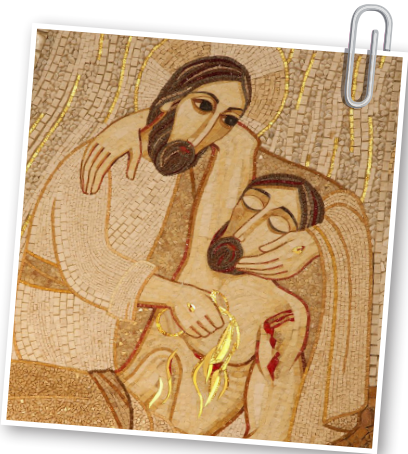
**DURATION OF THE VIDEO:** 5'40''

On the same website, you can also download the short film **Joy & Heron**.

An act of kindness can create a mutual relationship between those who are putting it into action.

**DURATION OF THE VIDEO:** 4'04''

## KINDNESS during the time of Jesus



### The Good Samaritan

Let's read together the Parable of the Good Samaritan (Lk 10:25-37) and let's prepare a skit for the Gen 4.

As an alternative, we may also prepare together a game for the Gen 4 on the theme of helping others.

## Let's move to action

### In discovering our talents

Each of us is unique and gifted with some talents that we can share with others.

Let's help one another reciprocally in finding the talents (skills or qualities) of each young person in the group and let's decide together on a task where we can "use these talents" by placing them at the service of others. This exercise will let us become more and more able and secure in our capacities





