

**St Francis Today**  
**8. A KINDNESS CHAIN'**

**"Where there is sadness – let me sow joy"**

A simple example of the role that can be implemented  
by individuals and communities  
is what has been called the '*Kindness Chain*'  
in which everyone is encouraged to do just one simple act of kindness -preferably to a stranger,  
but equally to a family member on the condition  
that they in turn will do something for someone else.

This simple concept has now attracted the interests  
of large companies to do something for their staff,  
their clients and to their communities  
which the followers of St Francis can well emulate.

**Pax e bonum ;'Peace and Goodwill'**

We live in an age, which believes that all the evils  
of society - especially that of discrimination-  
can be handled by legislation, which implies putting  
the responsibility on politicians to solve them.

Today the young seek and demand concrete ethical answers to the most acute problems - `  
Concrete answers however invariably invite ideological and dogmatic responses from academics,  
politicians and even religions which induces intolerance  
and disrespect for other views and actions  
which can then translate into justified violence'  
that merely replaces one wrong with another.

But it has to be asserted that there is only one way  
to overcome any form of discrimination  
and that is to create GOODWILL  
-the spirit of which cannot be legislated for  
or demanded – it has to be *earned* and built around  
all the aspects of respect, dignity and trust between  
any people, communities or organizations

**David Spangler : Findhorn Foundation**

One woman tweeted that she was going  
to do one random act of kindness  
for each of the twenty children who lost their lives.  
Within 24 hours, this tweet had spread throughout the country even to other parts of the World, `  
and thousands of people were tweeting back  
about the random and anonymous acts of kindness they were doing, inspired by this one person's  
example.

Before Twitter as one of our social networking tools, she could have performed her random acts of  
kindness, and only a very few people,  
if any, would have known about it.  
But with this Internet tool, her example  
became a meme that spread far and wide,  
and as far as I know, may still be inspiring people to manifest kindness and generosity in their lives.