

## Simple Acts of Kindness

“He went to her, took her hand and helped her up”

Simple acts of kindness

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My sister was dying of cancer, and was making one of her painful visits to the hospital to be injected with poison from the red bag. She was obliged to move from the recuperation ward to a place where something else very clever was to be done. Thus a hospital porter arrived with a chair to push her along the infinite passage ways. The fear and the monotony of the illness were eased on that brief journey by this man’s observation and care. Watching that he was gentle as the wheels of the chairs moved over ridges in doorways, or making sure that elbows did bump not as he passed narrow corridors.

We forgot the clever people, who did clever things in that specialist unit she arrived in. But I will never forget that porter who showed such goodness.

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In all the drama of my experience in Africa there were many fantastic and courageous events. Refugee camps set up for desperate people. Hospitals developed where chicken egg incubators were used for the care of premature babies. There was also a beautiful mother who reminded me of an aunt of mine. I had been on my walking visits to homes all day. The sun had gone down, and as I was staying with the people this lady was to provide my evening meal. We sat in an open shelter around the fire, watching the food cook, enjoying the light and heat the fire gave out, and sharing conversation. A local man who was mentally ill came and joined us. He had no home. No family. When the meal was served he got a plate of ugali and stew. Which he ate with us then went off into the darkness of the night. She did not make a fuss. Yet I had had a vision of a saint at work.

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The remark of care you have had the courage to share with a grieving wife, or  
husband

The attention paid to a child, and to its interests

The patience shown by a shop assistant to an old and confused customer

The driver who stops to let someone out

The phone call on the birthday

The knock on the door to check that everything is OK

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It does not need to be radical

Indeed the dramatic, the ground-breaking , the selfless

Begins

Evolves

Develops

From

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