

## Discussion Starters/ Reflection Ideas/ Activities

- ✚ Giving to others is one part of the spiritual practice of kindness. Another is being able to receive graciously the gifts of others. Which are you better at? Why?
- ✚ Who has taught you the most about generosity and kindness? Do you think they are given enough attention in our society? Explain your views.
- ✚ Keep a bank or box in your room and deposit loose change in it. Every time you go out, you might put money to pay for another's meal in the box. Hold a family/friends meeting to decide how to distribute your generosity fund.

### *Meditation Activity*

*Just before going to sleep, lying in bed with your eyes closed, review your day, moment by moment, moving backwards in time. Start with the last event of the day and relive it in imagery. Continue in reverse order, reliving again your activities and conversations. Notice how you responded at times when you felt God's closeness. Watch for moments when you were kind to others in thought, word, or deed. Feel again what you felt when others were kind to you. See yourself showing gratitude for any experiences of kindness.*

*Also notice the times when you failed to be kind to people, animals, things, and the Earth. Recall each event slowly and carefully, correcting your attitudes and behaviour in those situations where you had difficulty. Continue this reversing and correcting process until you are back at the moment when you woke up.*

*When you have finished giving thanks and making corrections, you can go to sleep. If you find that you fall asleep before finishing, do not be discouraged. Repeat the exercise every night until you are able to finish it.*

