International
Kindness Project Day
Annually on July 27th
What kindnesses did you do to remember your beloved one this year?
MISSFoundation
A COMMUNITY OF COMPASSION AND HOPE FOR GRIEVING FAMILIES
www.KindnessProjectDay.org
www.MISSFoundation.org

Kindness Project History

Dr. Joanne Cacciatore, founder of the MISS Foundation, started the Kindness Project in 1996 as a way for families to cope with the tragedy of a child's death. Since then, more than 1,000,000 kindnesses have been committed around the globe in memory of children, gone too soon.

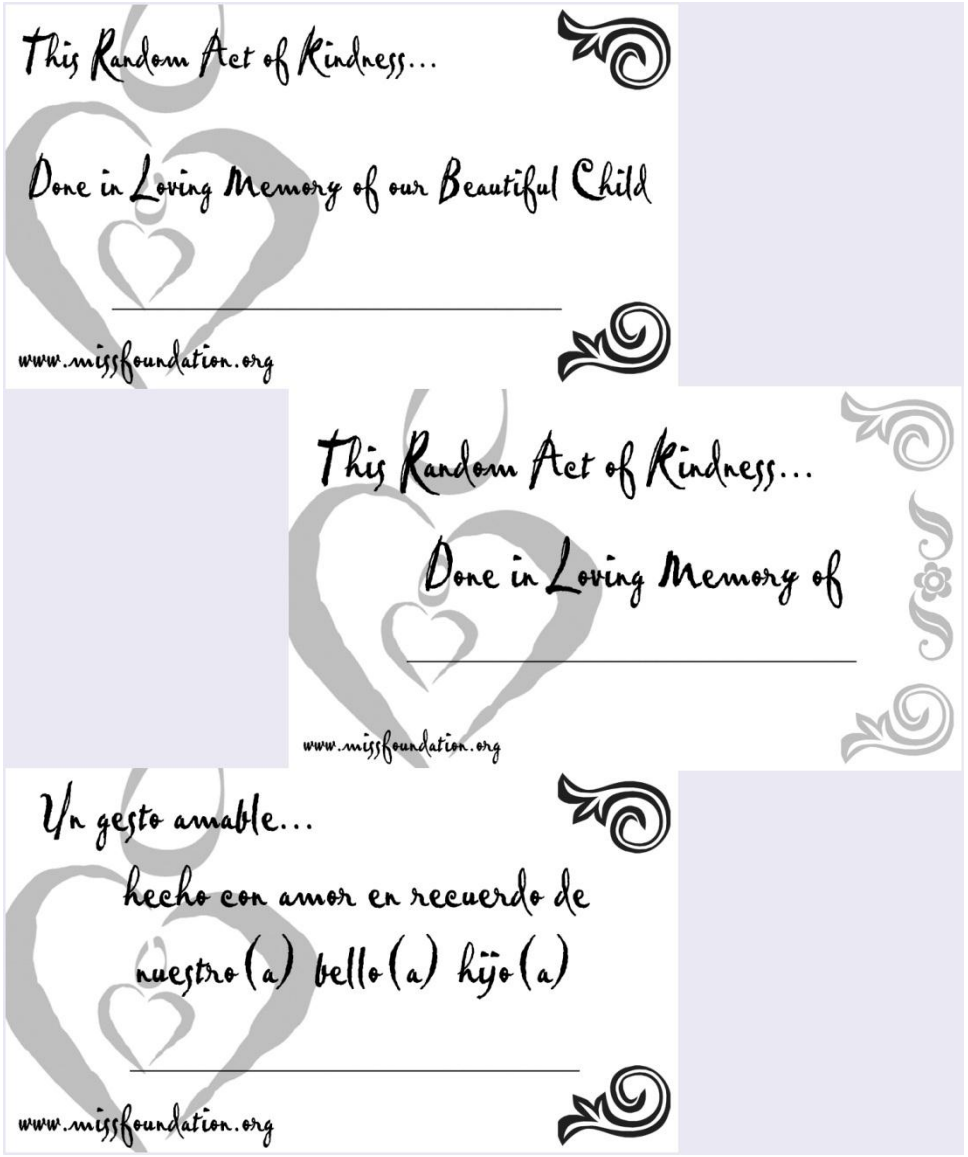
Top photo: Volunteer Michele Newton. Middle left: Note with money left taped to a gas pump by McKenna's mom. Middle right: Our Kindness Revolution sign at Circle K in Phoenix, AZ. Bottom photo: Jackpacks donated to A New Leaf by Jack's mom.

How it works…

Each year from July 20 to 27, the MISS Foundation gives away free Kindness Cards with the hope that people will commit random acts of kindness, all over the world, on July 27th.

Cards are available to anyone who sends an SASE to the MISS Foundation office. And PDF templates are posted on the MISS website, offering readers a chance to download printable sheets of each of the cards.

In the last two years, we've had over 5,000 people sign up on our Facebook events page to participate. This year, so many people participated and shared their stories with us that we wanted now share their stories with you.



So far today we paid for someone's order in the drive thru at Krispy Kreme, took homemade cookies to our local fire station, police station, and the OB and NICU nurses at the two hospitals my daughter and I were treated at. My son made and delivered a get well soon card to a neighbor who is sick. Next up donating baby formula to a local church so it can get to the people who need it. Rest in peace my little angel Lilly (5/14/12 - 5/15/12).

Wendy Lewellen

I was worried I wouldn't get something done but as we were checking out at the store we had like 10-15 things and a guy behind us had 1 thing so I told him to go ahead of us. RAOK complete :-)

Barbra-Ann Frazier

Took my other two kiddos to lunch at McD's today- bought a gift card to be used for the next few people that would come up after us. Hope it brightened someone's day. Love you Logan ♥

Julia Locatis

In observance of the International Kindness Project Day from the MISS Foundation, Sweet Pea Project will be donating 18 copies of Still. to bereaved parents. Simply email the word "Kindness" to Stephanie@sweetpeaproject.org with your name and address (and your baby's name if you are comfortable sharing) by midnight on Saturday, July 28. 18 emails will be selected at random on Sunday morning.

Stephanie Cole Sweetpeaproject

I pulled to the window of the Saint Joseph Starbucks for my daily coffee and breakfast sandwich. This stop had become my morning routine, but today was different. I held out my Starbucks cash card and instead taking it, the barista handed me a business card. The barista smiled while saying my meal had been paid for by the woman in the car ahead of me. Wow, I thought, what a great start to the day. I looked down at the small card and observed the light purple writing; “This act of kindness…Done in loving memory of Mason Adams. Pass it on!” There was also a web address on the card and I resolved to look it up before passing it on. Now I am not a neat person and to stay organized my desk is cluttered with note pad pages, post it notes, and scientific papers. The memorial card was added to this pile and forgotten. Life moves quickly and kind thoughtful intentions can become lost in the layers of debris competing for our attention. I arrived at work this morning after a sleepless night feeling discouraged over continued treatments/complications due to a car accident last December. I was fretting over my to do list and the lost time this new course of physical therapy would cause when I uncovered the “Kindness Card.” I was immediately transported back to that morning and out of myself. I remembered the good feeling I had that morning and wondered at the woman who “passed it on” to me. I stopped feeling sorry for myself then took a moment to think of the woman and Mason Adams. Gratitude is best celebrated with action. I resolved to visit the web site and let others know how Mason Adams touched my life that day and changed my attitude today. I pledge that Mason’s card will be passed on today.

Laura Lee Wright

Yesterday we saw a man sitting across a crowded restaurant eating alone & asked the waitress to please let us buy his meal & asked for her to give him our kindness card in with his receipt. She did. We hope he enjoyed his meal on us! In loving memory of our baby boy Spencer!

Chrissy Franks Dyess

I put together some school supplies for the kindergartners at a local school and a local church In Memory of my son Joshua David Barnum 10/24/1986 - 2/21/2008. When he died, this particular school and church went above and beyond to help out our family with gifts of food and donations to pay for his funeral. We received so much from so many other people as well. We are most grateful.

Lisa A Charland Barnum

I will be doing my RAOK in memory of our beautiful daughter, Faith RaeAnn. She was born still and silent but left a huge voice all over our lives and changed us forever! We love and miss her every minute of everyday! LOVE, LOVE, LOVE this day. Such a wonderful way to remember our loved ones, by passing the love around:)

Missy Rocholl

In honor of Nora Elizabeth Grothe, whom I would have loved like my own just as I do her brother and sister. She is loved and missed by the most amazing family I know.

Malissa Fales Smith

I handed out free Cokes with each of my deliveries at work tonight, as well as to the gate guards at Ft Bragg!

Kim Turman House Chandler

Today I took my mother and niece to lunch today by surprise. I did this because I know my little nephew, who died July 31, 2011 would of wanted me to have some afternoon time with them after a hard week. It was my happy moment of the day. Saying prayers for all your angels out there tonite. may all the stars shine brighter tonite.

Michael McKay

I bought 4 dozen Krispy Kreme donuts for my co-workers, bought sodas for the other 1st grade teachers at school, and paid for a guy at QT. I bought his bag of ice, soda, and 2 gatorades.

Kim Rutherford

Today I gave a young boy a gift card to Tilly's one of my son Brandon's favorite places to shop. My husband and daughter went to the theater at the mall where Brandon use to hang out and they handed out movie passes. All with love for BLB 9/9/91 - 9/5/10

Kris Barnes-Beck Oldenburg

Our son, on his own, decided when he woke up yesterday that he wanted to sell his toys (the ones he doesn't play with anymore) to raise money for his sponsored child from World Vision (his sponsored child lives in Columbia and shares his birthday). He didn't even know it was International Kindness Project Day. He is continuing his "garage sale" today. When he learned that it was International Kindness Project Day, he decided to do his fundraiser in memory of his baby sister, Abigail. So far, he has raised only $10, but we are so proud of him! ♥

Emily Werner

On July 24, 2012 ~Claire Johanna Mae~ would have turned four. I therefore decided to do four Random Acts of Kindness on International Kindness Project on Friday July 27, 2012. My first act was to give a bike to a child from my son's school whose bike had broken last week & was irreparable. (His sister ~Sophie Rose~ was stillborn in September last year so it seemed doubly special choice of recipient). My second act was delivery a very deep purple Aggapanis plant to member of my faith community who has been struggling with his health & he had told me he REALLY wanted a deep purple Aggapanis. My third act was to give some money anonymously for a young Mum whose husband committed suicide eight weeks ago so she can do something special for herself. My fourth act & the one that took the most courage for me was to place some money anonymously with my Legal firm in their Trust account so that someone who could have not have afforded to get Legal advice will be helped! I feel very privileged & grateful to be able to do these acts in my precious daughters memory.

Petryn Thiele

I donated some back to school items for kids in need, in honor of our "would've been" adopted son, Hayden who died at 4 months old. He would be going to kindergarten this year. I also read each post all of you wrote and prayed for your families :) what beautiful things you all did. Your babies would be so proud of the love you spread in their names!

Heather Hutchins Jarrell

We donated baby items to a local homeless shelter here in Phoenix. They are currently serving 138 families (including babies and children). This random act of kindness was done in honor of my angel baby Evan. R.I.P. 4-1-12 to 5-11-12

Jeni Duarte

I am here.
Turn your face to the sun
Feel my warmth
Plant your feet firmly on the earth
Feel my path
Spread your arms, wide like wings
Feel my heart
Lean your head back against the wind
Feel my presence
Still your mind and listen
I will whisper to you
Feel my love
I am here.
-Dr. Joanne Cacciatore
www.centerforlossandtrauma.com

Sunflowers are a symbol of powerful optimism and cheerful expectancy. Dropped off a couple of bouquets of sunflowers in memory/honor of our sweet angels to an assisted care facility!! Brings tears to my eyes...hope to make someone's day.

Judee Masoni-Spaulding

Two RAOKs so far this morning...my 6-yr-old took hand-drawn thank you notes to his summer camp counselors... and I paid for the order behind me while getting iced tea this morning.

Jennifer Soos

We gave school supplies to a local school who partially paid for our son's funeral four years ago. The same secretary is still there and cried in appreciation and remembrance of what we went through at the time and what we are still going through today. We tried to give some to a church that also helped us but they were closed today. We will try again on Sunday. Earlier in the week, I saw a neighbor down at the community pool and we started talking. I don't know her very well but her husband died recently. I told her about the project and what I was planning on doing. She surprised us yesterday by giving her husband's hearing aids along with a bunch of batteries to my husband. Then today, she dropped off some cat food and some cookies (regular and sugar free! as she knows two members of the household are diabetic). She did this in honor of her husband. We were so surprised and so grateful. She said that she wanted to help us because she knows how much we do for our daughter and grandson. She enjoys playing with him down at the pool. I have cut myself off so much from everyone since Joshua's death that she really touched my heart when she is freshly grieving for her husband.

Lisa A Charland Barnum

I took a rose, shea butter baby wipes to have handy for washing feet (!) and several healthy food items (banana, pumpernickel bread, sea kelp, Greek yogurt, almonds, walnuts, soup crackers...) to a Vietnam Veteran struggling with health issues and who is shut-in a cracker-box room...

Marie Connolly-Whitmore

Today, I made a donation to the MISS Foundation in honor of my son, Patrick, who would have been 18 this year. I am so thankful for everything that Joanne and her group have done over the years to honor our babies who left us too soon.

Carol Cirulli Lanham

Today, I purchased groceries and delivered them to my friend who has two special needs children. While I was at her house, I cleaned and did laundry too. In honor of Mckenna Jodell Fox, for Ashley Santi

Gina Gabriel Blair

It's not much but today I cleaned my kids toy room and took all the toys to local daycares and donated the toys! The kids at the daycare got something new! I did this for my niece Chloe a angel took to soon ♥

Veronica Kochenower

Knew I was going to do something, but not sure what it was going to be until the opportunity came up. If I happen to have extra change or dollar bill, I will always give to the people that will come up to your car and ask. So in honor of Wade this morning, I gave a little more than I usually do when stopping for my tea. I gave the man a $5, then I noticed that he did not have any shoes on, so I also gave him a $10 and asked to please by some flip flops with part of it so he would not burn his feet on the hot AZ ground. I know this is not a lot, but it has great meaning to me. Before losing Wade, I would never give these people money since I was being judgmental and assumed that they would just go buy alcohol with it.

Wendy Martinez

In honor of my son, Dylan, today: I gave my 2 year old $5 (and a Kindness Project card) and told him to find someone in target to give it to-- he ram up to a lady and her newborn child and said, "here. For my baby Dylan." My 5 year old gave $10 and a card to the cashier at a shoe store and asked him to give it to the next person to buy shoes. He also tried extra hard to hold doors and be kind to kids at school. Both boys rounded up toys and books to donate to a friend's granddaughter who doesn't have any toys. My mom and brother paid for dinner for the person in the drive through behind them. And my husband and I are pulling together a large donation of baby clothes, books, and towels for the labor/delivery bereavement program that supported us after the death and birth of our youngest son. Thanks for helping keep him active in our daily lives!

Joanna Evans Cosbey

In memory of our son, Noah, pizzas and salads were delivered to a 24 hour emergency vet and school supplies were donated to kids in need.

Sarah Toig

I donated $25 to SOBBS (Stories of babies born still) who donate stuff to hospitals for Angel Parents in honor of my son Tiernan, and something small was giving an old lady my shopping bag today when the handle of hers broke at the bus stop.

Vicky Ni Cathail

Today's the day. Not sure what I will do today but my random act will be in honor and memory of my friend's daughter Emma.

Stephanie Taylor

Karen DeJeet I will be buying drinks at Starbucks in memory of Michael. I have heard some great stories of kindness. People stopping to pay for a family's dinner. Stopping at urgent care to pay a co- payment. Hospital cafeteria, buying a meal for someone waiting there. Visiting a nursing home and making new friends. Donating water to a homeless shelter etc. hugs to you in memory of Brittany!

Barb Tucker Hoffman

We bought gift cards and randomly handed them out at fast food drive thru's and grocery stores in memory of Nora, in memory of my best friend's brother, and Gaines, whose birthday is today.

Christine Biscoe Grothe

Though RAOK Day is tomorrow I had to share a quick story from today. I was at the grocery store and I had bought 2 drinks to try. This women behind me said, "oh I've never tried that one before," so I said me neither then proceeded to hand it to her and say here take this one. She didn't want to take it at first and was shocked that I was going to give her my drink. As I walked away she said, "you made my day" then told the cashier, "are there really people still like that in the world". I walked away with a smile on face. Amazing what the smallest act of kindness can do for someone's soul. ♥

Ashley Santi

I sent flowers to a family who lost their son (Thomas Smith) due to an enlarged heart. I met them while covering their son's story. I was so inspired by their ability to get past their own pain to do good for others. They're trying to make sure middle and high school students have access to free heart screenings by raising funds to provide local hospitals with mobile cardiac equipment. I also bought donuts and bagels for the morning crew at work. They come to work while many of others are still sleeping.

Autumn Marie

In honor of Shelby; because she loved animals, I took towels to the veterinary office for surgeries, cages, etc. Because she loved to be 'prettified' I paid for my neighbor's hair appt. Because she loved to bake cookies, I baked and took cookies to the post office and to the library. Because she loved church camp every summer, I sponsored 2 teenagers to be able to go this summer. I wish I could do more.

Sharon Bays

Bought 11 snocones for the next kids who come to the local snocone stand and left labels for the cups. Hopefully it will make a few kids and adults happy.

Mandy K Ford

Bought coffee for a friend and four strangers at Starbucks this morning!

Frank Hinds

Did a visit with the eldery.

Rosemary Tenpenny

Heading out to run errands, will have my eyes open for random acts of kindness in memory of my son Alexander Lee Rotger. Enjoy bringing smiles to strangers for our loved ones.

Danielle Rotger

ACTS OF KINDNESS DONE DAILY IN HONOR OF DANNY LANIERI.. FOREVER 25..♥

Barbara Lanieri

Donated money to a family whose house burned down, and donated a case of nutrition drinks to a food bank to be distributed to those in need. God Bless all our children gone too soon.

Patricia Ahlman

Bought a couple of lottery scratch offs @ the grocery store, and left them on peoples cars. :-)

Jeanne Scully Jordan

I sent flowers to a family who lost their son (Thomas Smith) due to an enlarged heart. I met them while covering their son's story. I was so inspired by their ability to get past their own pain to do good for others. They're trying to make sure middle and high school students have access to free heart screenings by raising funds to provide local hospitals with mobile cardiac equipment. I also bought donuts and bagels for the morning crew at work. They come to work while many of others are still sleeping.

Autumn Marie

In Memory of deceased members of my family I have 5 - $25 gift cards I will give out to families with children at the grocery store today.

Linda Sovich Dyke

Doing kind things in memory and honor of Logan Wight and William Anderson today.

Rachel Ambroson

Enjoy making people smile today as you share the love for your children into the world with your RAOK‘s :)

Shannon LaRance

I bought bagels from Panera and drove around my neighborhood in Chicago passing them out to some of the homeless folks. Missing my Mia today and always.

Sarah Badics Wieland

I will be giving away baby clothes and bedding to needy families.

Rose McDonald

I'll be celebrating Kindness Day next Thursday in memory of my son, Nico, who was born still on August 2nd.

Laura Ilardo

I'm so proud to be apart of this special day (I wish that we weren't participating for the reasons that we all are). I know all of our special angels in heaven are shining down on us! I made homemade yummy bake good baskets and have been taking them around to many neighbors, friends, the kids school office, organizations that Evan was involved in. We're off to do some more random acts of kindness w/my children (they both wanted to be involved too).

Amy Moeller

In Memory of my Daughter Dawn Marie: So this little girl around 10 years old has moved onto our block with her Mom. After spending some time around her I found that in some ways she reminded me of my Dawn. Hyper, happy and a smile that will melt you. I have decided she will be my Act of Kindness. Just for making me smile every time I see her. The other night she brought me cupcakes! So I will gear her up for school this year along with a gift card for some new outfits. I know Dawn would agree !

Michael Sansone

I am here in honor and remembrance of my sweet daughter Megan Elizabeth. She was born at 24 weeks (along with her twin sister Jessica Rose) on October 25, 2002. She passed away on November 13, 2002 from NEC. She is my angel and always with me in spirit. I love you sweetie!

Kate Williams Olenski

Our family won't be together as the kids and mom will be up North. Christi will print cards and send them to the rest of our family for each to do their part. Some ideas Christi has had is to leave a card in memory of Grant (our 3 mo. Nephew) at a grocery store or gas station for the next person to use, give a flowers to random people, make cards and give to people to brighten their day, visit a nursing home, leave a gift for the mail person, provide a treat to the nurses and doctors that care for us, give a book to a child...the list goes on and on! So as you see it is easy to participate in this event...you can do free acts of kindness and the sky is the limit on how much to give! Let's all do our part in memory of all the kids, because we know that kids have a pure and genuine heart to naturally give...so we need to do this in their memory!

Matt Maloney

I am attending in honor of my first and only son Caleb James. Born into this world 7/29/11 and gone to soon 9/21/11. ♥

Jamie Lynn Gallagher-Hiltz

I know I clicked I was going months ago but it looks like FB had the hiccups again & other ideas with my decision. In any case, I just ensured my attendance a 2nd time & will be honoring both my fiancé (lost to suicide) & our baby (miscarried at 8 wks ges) last year! I am all ready with my cards in memory of both & have my badges too! The random "acts" came to mind immediately, I can hardly wait to bring additional smiles to both the young & old(er) in loving memory & honor of STEVEN ♥ BABY SABROWSKE

Rhonda M Paul Sabrowske

Last year, I did something VERY public, this year... a little more private. I gave blood today. Turns out my last donation saved 3 lives. Maybe 3 more will get lucky tomorrow and in the coming days. Done in the honor of my mother who no longer grieves. :-)

Anthony Previte

Random acts of kindness to counter violence
Denver Post

After the horrible violence that took place in Aurora, our community needs a strong dose of kindness. Coincidentally, the MISS Foundation (www.missfoundation.org), an organization that helps families like mine whose children have died, is holding its Kindness Project this week. The idea is to do random acts of kindness in memory of our loved ones. I've found that helping others can be therapeutic when confronted with such profound sadness. My generous-hearted little boy, who will always be six-years-old, would approve. Plus, my other children are learning the value of giving back and how to heal rather than be overcome by tragedy. I would ask that we all do random acts of kindness this week as a way to counter and reject the violence.

Lisa Forster, Englewood

In honor of my daughter Samantha
3.6.84~7.11.04
In honor of my son Ryan
10.6.82~9.29.07
You are missed
Every moment
Every breathe
Every day
Mama
Robyn Del Real

As tomorrow is coming I am dedicating my project to the victims of the shooting. I would like to share my idea to those who would like to share in the random act of kindness. I will be taken a dozen of roses to Indianapolis movie theater with a card attached for each victim. These roses will be distributed randomly :) I am getting excited !!

Lauren Wyatt

We will be participating in honor of all those who have lost the battle with cancer and those who are still fighting!! Blessed Be!

Brenda Virden

I will most definitely be participating tomorrow in memory of my so very precious angel in heaven, Evan (who passed just over 3 months ago). There's not a second of the day that I don't miss him terribly. I have so many special things planned for tomorrow, please give me the strength to make it through....

Amy Moeller

I will attend in honor of my precious McKenzie Ann Johnson. The light of my life for 9 1/2 years. Her body may be gone, but her presence is always with us♥

Robin Johnson

I will be honoring my sweet angel Faith born 15/04/2008 and passed 21/04/2008 from HPLS. She entered this world sweet, pure and innocent and left this world the same way.

Dyanne Moore

Today I helped a good friend with her Random Act of Kindness. After leaving there, Hunter told me that his Random Act of Kindness was that he is going to be nice to his sister for the rest of the day, and all day tomorrow. I said, Hunter, God heard that, and Branden probably did, too. So I hope you don't disappoint them. He told his sisters about his RAOK and he said, "...and God, and Branden, and Abraham Lincoln heard me say it, so there's no turning back now.“

Jamie Woodworth Myers

This is my first time to participate. We lost our baby girl Lilly on May 15th, she was only a day old. I am very excited to do this with you all and make my little girl proud!

Wendy Lewellen

This will be my first annual IKP Day, honoring my sweet innocent granddaughter, Camille. I plan to share 10 cards, hopefully with creativity and spreading smiles and love through the day. Tips on discreet card sharing along with the random act would be helpful. Thanks, Wish me well!

Susan Arntson

We will be donating cases of bottled water for the homeless to help them in this heat in memory of our beloved Sarah Elizabeth.

Sue Koehne Wintz

The children in my family and I will be presenting a sizable check to the Ronald McDonald House of Pittsburgh in memory of my daughter Emma.

Jill Lehman

I will be honoring my precious first-born, Lillie Kay.

Kelly Kimsey

I'm donating 6 packpacks filled with supplies to 6 first graders at A New Leaf domestic abuse shelter in honor of my son Jack's 6th birthday August 31st and he would've been starting 1st grade this year! Thank you to those who are helping me make this happen with donations!

Joey Kendrick Johnson

One of my ideas is to attach some money to a little note. Going to walk around the stores and randomly drop the cards into peoples cart while they aren't looking or give it to the cashier and let them know to give it to the person next in line... After I leave.

Shelly Johnson Hakari

Rest in Peace, You are Missed and Never Forgotten, My Father Roy Verlin Nevels who passed on December 19, 2002. My Brother Jerry Johnson he passed on April 13, 200.3 My Nephew Ken Russell he passed January 11, 2011.

Marie Nevels Mills

I will be honoring my daughter, Emma. What a wonderful thing to honor our angels.

Nina Vomero

My daughter, Megan Elizabeith, was born on October 25, 2002 and passed away on November 13, 2002 from NEC. I am here in memory of her short but amazing life. She is survived by her twin sister, Jessica Rose.

Kate Williams Olenski

"We have a close relationship with one hospital in particular here in San Antonio...I contacted them to find out about any needs they had yesterday. The NICU nurses needed onesies and mobiles for the cribs. While I was delivering those I learned about a family who has preemie twins there right now in critical condition - they live quite a way from the hospital and have a toddler - the daily hospital visits are hard on the toddler, not to mention a fortune in gas! The social worker mentioned how much a PacNPlay would help their situation...so today we are delivering a PacNPlay and gas cards in memory of our oldest son. So touching to be part of his legacy!“

Jennifer Martin Soos

Yesterday I found a local shelter for victims of domestic violence and made a financial contribution, asking specifically for the money to go towards children's books and art supplies. I made the contribution in honor of my children, Jada and Jordan, whose lives were taken by their father on 10/18/10. I have been in contact today with the director of the shelter who let me know about the two programs that will receive new books and supplies. I know that my sweet babies are proud of all of us who do kind acts in their honor.

Zoey Mendoza

I gave flowers to the delivery nurses at Oscar's hospital....many of whom remember me..... :******(

Jackie Potts

I knit hats (sizes 12wk gestation to 12mo) and donate to hospitals for parents to have mementos of the babies who have died. And so they know there is love in the world for their babies, to honor Emily Rose Chambers May 17, 2011

Megan McMacken

Recently I met two wonderful people at work while waiting on them at a restaurant I work at. They were very pleasant and I really enjoyed serving them. I remember it was the daughter's 16th birthday. Shortly after they left I picked up the receipt from their bill, they left me $60 dollars. I just wanted to thank them some how because they helped me out in so many ways. Recently my boyfriend lost his mother because she needed a liver transplant and never got a chance to get one. Things have been tough since then. But this has showed me that their are still people out there are other people's angels in a way. We all should help each other in any way we can.

Jessica Reynolds

I donated $100 to a boy scout that doing community work project raising fund to purchase a defibulator for the local middle school in honor of my late son.

Prapai Eshelman Ringenberg

Gave a $30 tip for a $20 meal to our waitress at Applebee's.

Aaron Dittmer

My son, on his own, decided when he woke up yesterday that he wanted to sell his toys (the ones he doesn't play with anymore) to raise money for his sponsored child from World Vision (his sponsored child lives in Columbia and shares his birthday). He didn't even know it was International Kindness Project Day. He is continuing his "garage sale" today. So far, he has raised only $10, but I am so proud of him!

Emily Werner

RAOK continue as my 6-yr-old keeps coming up with other ideas. :) Today he picked up a bunch of cans/trash that had been scattered in the grocery store parking lot. And he took the grocery carts back to the front of the store for people after they had unloaded their carts - especially grateful was an elderly couple, she with a walker and he with a cane. But the best part of the day was in our car driving home when my son said, "You know mom, if we did these things everyday and every one else did these things everyday, it would be a different world."

Jennifer Soos

On the weekend myself, my husband and my son were having breakfast @ West End when we were notified that someone had left us a card in loving memory of their child, Ava Lau. They had also paid for our breakfast, for which we are very grateful. It is a wonderful feeling to know that unconditional kindness is about in the world in which we live today.

Francesca

About 2 weeks ago I had gone to Town East Mall in Mesquite, Texas, and had to parallel park in a handicap parking spot. I am 68 and haven't tied to parallel park in about 10 years. I had pulled up beside the auto in front of me but I have a SUV so couldn't "see" the car behind me very well. I noticed a family walking toward their car and asked if the man if he'd mind telling me when I was getting close to the bumper. They stood there several minutes directing me until I was parked just right, and then stepped on toward their car I supposed. When I came out from the short trip into the mall, there was a card on my windshield. I had heard of this organization but had never heard the "whole story". My card reads:

This random Act of Kindness…
Done in Loving Memory of our Beautiful Child…
Everette Michell Williams Fuller.

There is no way to let this family know deeply touched I am and the prayers that have been said for this family! I hope in some way they can know I share their loss with them and lift EMWF up to our Father. May God bless them richly for all the "kindnesses" they give in memory of this loved one. Three weeks ago in a sonogram, my granddaughter, (newly married) was told her baby girl had "a mass or tumor on her brain that was fairly big" and she is 4 ½ Months along. This devastating news had us seeking prayer from all our friends and Church families. She, (Granddaughter) said from the moment of getting the information: "Just let her be born…we don't care if she has medical problems, just let us raise her." Her appointment in Methodist-Dallas was three weeks from getting the news. She was tested for three hours and called me just before I left work to go home. "Grammie, Our Allison is just perfect! They found nothing at all wrong with her! She's just perfect!" I cried and praised God all the way home then called as many friends and family as I could until bedtime, (10) then slept so wonderfully all night long! I Praise Him on my drive to work and when I'm sitting at my desk working. I know we would have cherished a child with handicaps, but we will care for this child in Christ name also. Thank you for your act of kindness during a period of time I really NEEDED it!

Jan Boatright

Did you know that everyone young & old, makes a difference in their lifetime? Yesterday, we were touched by two lives, a mother & a son's. My little one's favorite thing to do this Christmas season is to visit the local Hallmark store & admire each & every ornament. So as expected, while out & about shopping we paid our visit to Hallmark. Wide-eyed, E ran straight for the ornaments & began pushing buttons, pulling strings & even finding joy in the more simplistic ones. A woman stood next to us, peering around in search of ornaments. We exchanged light hearted words & both smiled as E carefully inspected each one. E was particularly drawn towards a tiny little Rudolph ornament. He kept showing us how if you pulled the string, the legs would magically move back & forth. As we stood there looking at the display, the woman selected two of the Rudolph ornaments & headed straight for the cash wrap. I remember at that very moment standing there smiling & thinking about how much joy the little ones receiving those ornaments would experience. Soon after, we left the store & stopped for a restroom break. While E & I were gone, the woman walked up to my husband & quickly handed a Rudolph ornament box to him. She dashed off before he could even say thank you. Tucked in the box was a card. It read:

This Random Act of Kindess…
Done in Loving Memory of our Beautiful Child…
Braden Friewald. 10/4/04 – 3/23/08 Bradenforever.com

When E & I returned, my husband handed me the box. Tears filled my eyes as I read the card. I picked up E & squeezed him extra tight & covered him in kisses. I was completely overwhelmed by her gesture. As a mother, my heart wept for the woman & the loss of her child. And at the same time, my heart was warmed by the idea that Braden's little life continues to touch others. And that his mother shines Braden's light by random acts of kindness.

So this Christmas season, let us be mindful of the following. Express your love to those you hold near & dear. Be kind to those around you, because you never know what their life involves. Carry out random acts of kindness. Make a difference! Thank you Braden & Billie for these powerful reminders!

With Love from Jill of Modern Cupcake
http://moderncupcake.wordpress.com/2011/12/19/christmas-day-18-acts-of-kindness/

I'm posting this here in hopes that the parents of 'Emma Grace' is Texas read this. I went to the shopping mall today with my 2 sons to get started on my Christmas shopping. We stopped in the Food Court to get lunch before shopping. As I went to find a table by the big carousel in the Food Court, I was juggling pushing a stroller, holding food for me and my two boys, and keeping my 3 year old close by. My 3 year old always walks close behind me. But, today when I turned to check on him, he wasn't within the 2 feet behind me that he usually walks. That quick split second of panic set in till I set my eyes back on him as he came running to me with a Carousel token in his hand and a small card. I didn't immediately read the card. I just took a quick glance up to see if I could give a visual 'thank you' to the person that gave him the token. I just assumed right off that the token was left over from a birthday party or something. It wasn't till the middle of our meal that I actually read what the card said:

"Done in Loving Memory of Our Beautiful Child, Emma Grace“

To the parents of Emma Grace....I just wanted to let you know how much the card and gesture actually means to a stranger. To my son, it meant a great ride on the carousel which I probably would have made him skip since we had shopping to do. He just LOVES the carousel. To me, the card was a reminder to slow down and do the things like riding the carousel because you just never know what might happen that can take that enjoyment away in an instant. I will carry your card with me in my purse to serve as a reminder each time I come across it to enjoy every second with my children and to not take them for granted. So, in the memory of Emma Grace, please know that your random act of kindness will at least make one family's bond all the more stronger. That bond not only carries out to my two sons... Kaden who is 3 1/2 and Karsen who is almost 20 months, but also to my 3rd son, Karter, who is currently on his way, due in March.

I hope that you are healing well after the passing of Emma Grace. Enjoy the upcoming holidays and know that we will be thinking of Emma and your family.

K's Mommy

I was the recipient of one of your random acts of kindness, and I honor you for following your heart in such a wonderful direction. I certainly will remember Cheyenne for the rest of my life even though I never had the pleasure of meeting her. I know there are other mothers and other children who would be honored to be so remembered. I assure you I will pass on random acts of kindness to others and remember Cheyenne when I do. What a kind and loving person you are!

Jack Minter

Ethan Mommy loves you. I miss you so very much my son. I know your up there watching over us all. Daddy sends his love as well. Thank you for gracing us if only for a short time. All the kindness each and everyday is for you.

Jaclyn Flynn-Konyen

We donated three school backpacks with notebooks and art supplies to one boy and two girls, thru the local church program in loving memory of Cesar, Josephine and Carlota Hoffmann Roel.

Carla Roel De Hoffmann

I signed up to be an organ donor.

Chelsea Kolander

Thank you so much for the beautiful plant you left for me in memory of sweet baby James. Your act of kindness made my day. I don't know who you are but you and your family will remain in my prayers. God bless you!

Mindy Irwin

I went to the park that I use to take my grandson Jordan to, and left a memory game with the card, one of his favorite things was playing memory game. I also made a baby blanket and left that too, as i was driving away I watched as a family was reading the card.

Sandra Nelson

This July 27th, for the second year, I am painting mizuko jizo in tonglen meditation. My kindness is to share these paintings with anyone who requests them. Each painting is free with free shipping. (Usually priced at $25. Size is 4"x6". It is what I usually call an altar painting.) You may request one in your child's name, or for someone else, or just to have one. I am taking names now until the morning of the 27th. July 27th will be a day I devote to painting and silent meditation…You may see other mizuko jizo paintings done in meditation here. (Mizuko jizo are bodhisattvas for miscarried, stillborn babies, and babies lost early in life.) I do these paintings in memory of my daughter Lucia Paz, born still at 38 weeks of pregnancy on 12.22.08.

Angie Yingst Studio:
http://www.etsy.com/shop/angieyingststudios

Video of Angies Kindness Day:
http://youtu.be/1MRIdfC63iI

I am so grateful that in the past, the MISS Foundation granted me scholarships to attend the conferences, my RAOK this year is, I have paid for a fellow bereaved parent to attend 3 days of the conference. In loving memory of my Sarah Jean and all of our precious children… I also left cards along with money to pay for two kids haircuts....and tip for the stylist(she got a little teary) I hope it makes someone's day, it made mine!

Debbie Chavez Vinette

Had a crazy day yesterday, but did manage to leave $/RAOK card with a gas station attendant to give to the next person and left quarters/RAOK card at the car wash...hope to continue spreading RAOK thru the weekend :)

Heidi Renninger Kauffman

I am having a toydrive called "Jaida's Toys" in memory of my precious little angel Jaida Grace Leighton. It will be going on throughout the month of November. My sister is also setting up an Amazon Wish List so people anywhere will be able to donate. All items ordered will be shipped for free to St. John's Luthern Church in Burlington Wisconsin and will be donated to Love Inc., who helped my family get down to Arizona when little Jaida passed. I will let you know when the Amazon account is set up, in case anyone wants to donate.

Jillian Leighton

Our day started out with a delivery to a school that services homeless youth, k - 7th grade. School supplies, tooth brushes, toothpaste, deodorant, t-shirts, socks, and bags with kindness cards attached in memory of Noah. The school principal stopped to introduce himself and thank me for our donation and took a few minutes to talk. He gently asked about the meaning behind Noah's name and if he was named for anyone in my family. He then shared that his son, who is studying for his Bar Mitzvah, has the Torah portion of Noah. We exchanged a tender moment and I am filled with gratitude to have shared Noah with him.

This evening, Rae-Ann were at one of our favorite local restaurants and left $20 and a kindness card for the next person who ordered. As we ate dinner, the recipient of the RAOK, approached and asked if we had left the card. We stated we had and the stranger asked who Noah is. We shared Noah's story and in turn she shared, with goose bumps on her arms, that her sister's baby, Quinn, died at 12 days old last January...he would have been 18 months old. We shared tears and heard more about her sister's bittersweet experience, as the parent of twins... one that they parent here on earth and one far gone too soon. This stranger immediately shared that she was going "to pay it forward", holding Noah's kindness card tightly in her hand.

Sarah Toig

Yesterday, was hectic, but I always make it a point to do something kind every day. Yesterday, I made sure to let my husband and son know how much I love them and how much they mean to me. Today, as I had more time, I was able to donate blood at the IN Blood Center for the IN Fallen Officers Blood Drive...I gave some in honor and memory of those that gave all. It's a great feeling to know that my blood will help save a life. I also gave my hair stylist a larger than standard tip to show my appreciation for his service.

Katie Surfleet

My daughter had her 3rd child Oct 15, 2009. When I went to the hospital to see her, I was surprised she already had a gift bag. She shared with me the cute sleeper with a note inside in memory of someone's baby belonging to this organization. I had never heard of your group before, and wanted to share the kindness of one of your members.

Kathy Sorenson

I just wanted to reach out and share my experience regarding your foundation last weekend. I was in the drive-thru at Starbucks which is my awful expensive habit, and as I pulled up to pay for my overpriced drink, I was informed that the car in front of me already paid for it! The cashier handed me a card that simply states This Random Act of Kindness Done in Memory of Alice Noelle Ekstrom. I was truly touched and immediately felt the need to pay the good deed forward. Although I had never heard of the M.I.S.S. Foundation, I was compelled to learn more. If you are in contact with Alice's parents, will you please express my graditude and condolences on my behalf? Also, if you need any assistance with any events you may have coming up, please feel free to email me. Thanks again for all that you do!

Niki Lee

I sat at Starbuck's drive through after dropping my 4 year old off at preschool with my 15 month old and 3 year old in the back seat, thinking of all I need to do to get ready for our move to another home, in horrible need of a morning coffee. My cell phone rings and it is my husband, Chris. I am still talking with him as I pull up to the window, which normally I think is rude to do to others, but with credit card in hand, I hear the gal at the window say, “Your order was taken care of by the car in front of you."

Honestly I didn't know what she meant as she handed me this card, I read it and dropped the phone. The words:

"In Loving Memory of our Beautiful Child
Charis Wainwright, May 28,2005"

took my breath away…thinking of my own four children. I wanted to follow this woman and hug her, thank her, and tell her how much it made my day, but what I was really thinking is...gosh, what an amazingly strong person who can even continue to go on after the loss of a child, let alone do such great things to keep the memory alive.

I just want to tell the mother of this priceless child how much she changed my day that day and I will forever keep this card close to me and I will wrap my arms a little tighter around my children every chance I get. I hope you know how much a "Random Act of Kindness" can change someone's life. Charis was lucky to have a mom like you. Thank you again, my heart cries for you. You are so strong.

Jennifer Jaramillo Mom of 4 Beautiful Children

Kindness in Bloglandia

We were also excited to see that International Kindness Project Day showed up in several blogs around the world. Many thanks to each blogger who share their story:

annkitsuetchin-book:

http://annkitsuetchin.blogspot.com/2012/07/remembering-our-children-who-had-died.html

A Mourning Mom:

http://amourningmom.wordpress.com/2012/07/24/kindness/

MotherHenna's Radical Creativity:

http://motherhenna.blogspot.com/2011/07/days-205-206-207-208-of-365-project.html

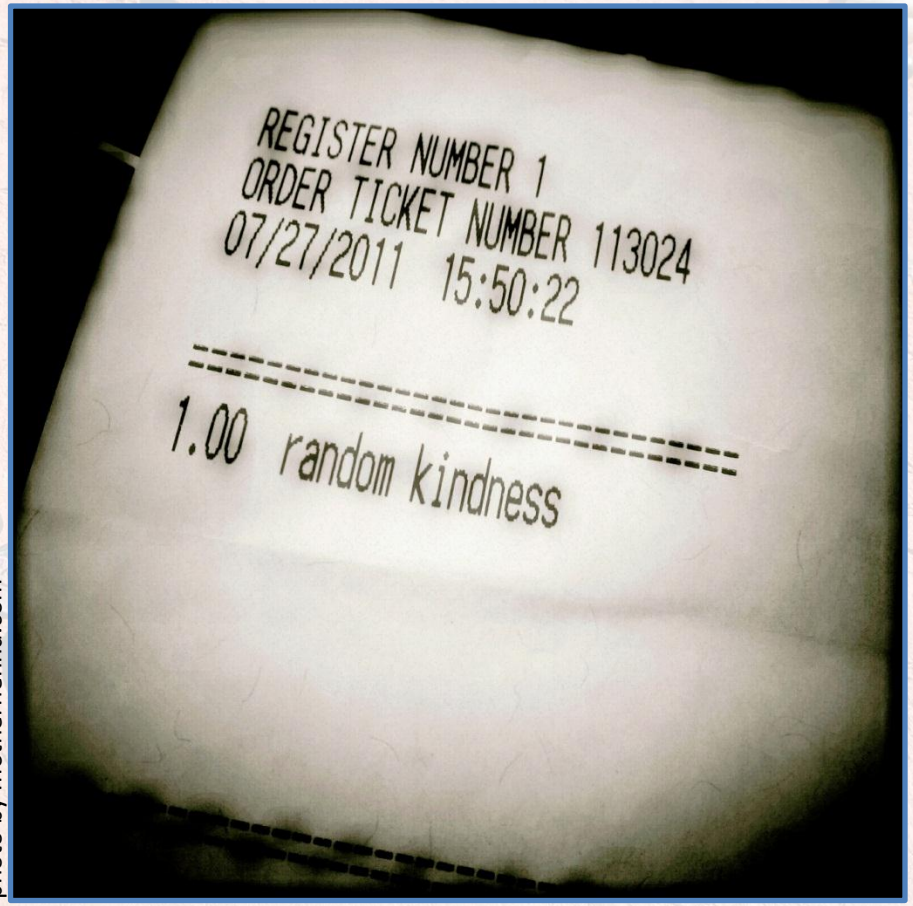


photo by motherhenna.com

Now that you've been inspired, what will you do for Kindness Project Day next year? More than that, how can you bring Kindness Project Day into your everyday life? One kindness at a time, we are building compassionate community together.

MISSFoundation

A COMMUNITY OF COMPASSION AND HOPE FOR GRIEVING FAMILIES