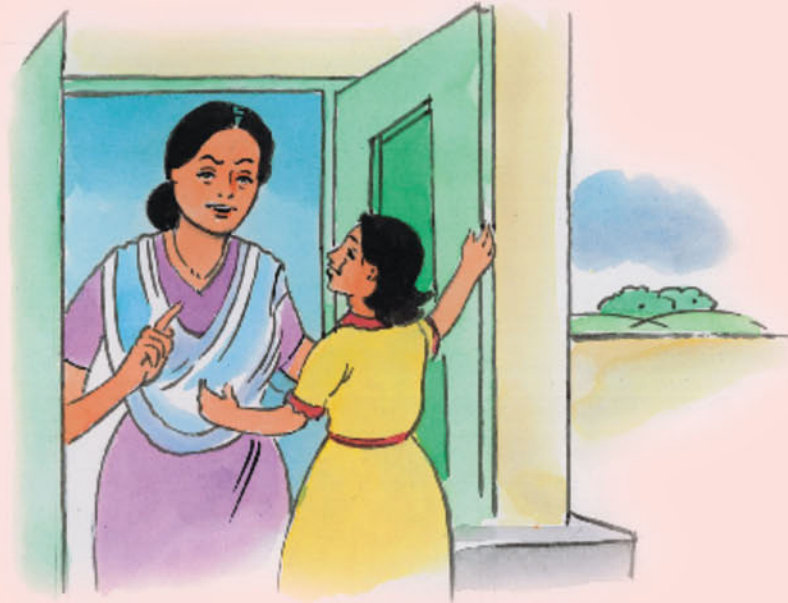


Helping Cry CARE



a little girl was late coming home for supper. Her mother made the expected irate parent's demand to know where she had been.

The little girl replied that she had stopped by to help Janie, whose bicycle was broken in a fall.

"But you don't know anything about fixing bicycles," her mother said.

"I know that," the girl said. "I just stopped to help her cry."

US author and lecturer Leo Buscaglia once talked about a contest he was asked to judge. The purpose of the contest was to find the most caring child. The winner was a four-year-old child, whose next door neighbour was an elderly gentleman who had recently lost his wife. Upon seeing the man cry, the little boy went to the old gentleman's yard, climbed onto his lap and just sat there. When his mother asked him what he had said to the neighbour, the little boy said, "Nothing, I just helped him cry."

Celebrate the wonderful treasure within yourself... true kindness.
– **George Sand**