

May 30, 2024

Daily Reflections



Center for Spiritual Development

BE KIND

By Julie Mussché

Maxims of The Little Institute

*"Kindness should be queen.
Be unkind to no person.
Strive for virtue."*

MAXIM 64, MAXIMS OF THE LITTLE INSTITUTE IN HAIKU, SR. FRANCES AGNES BLAKE, CSJ AND SR. ANN MARIE GRADY CSJ

Reflection

Dear Reader,

The following story was first published in 2009 in "Navigating the Spirit" and then adapted November 2020 as a reflection for the Center for Spiritual Development. It takes place at the beginning of a journey across the Sahara Desert and speaks to the virtue of kindness through a tangible and exceptional example. Kindness features large in living a Trinitarian life.

Toward the end of our stay in Tangier, we needed to retrieve the two members of our group that remained behind in Paris. Only two additional people plus the driver could make the trip since the rental car could only accommodate four adult passengers. A decision was made as to who would make the trip, which also afforded an opportunity for additional sight-seeing. I was one of the lucky people selected to go. We would eventually meet up with the rest of the group in Fes, where we would take a train to our last destination in Morocco.

Leaving the city, we traveled back along the same route we had been on earlier, after arriving in Casablanca, but made a few stops at points of interest along the way. We arrived at the airport, picked up our traveling companions and once again headed back toward Tangier. The sun was starting to make its way across the sky mid-afternoon as we drove through the city of Rabat. We decided to stop for a late lunch since we were not certain when we would have our next meal. We spotted a large Mediterranean Villa that said “Hotel” and pulled up into the cobbled circular driveway.

As we exited our vehicle, we were welcomed by a thin, balding man dressed like a waiter and an older dumpling of a woman in a stylish patterned silk dress. They greeted us in French and, following a brief conversation, we learned that the hotel had closed for business last year. The woman unexpectedly invited us in for a light dinner. Of course, we gratefully accepted.

The meal lasted several hours and included an omelet with chives, a variety of fruit and cheeses, a freshly baked baguette, and chocolates for dessert. Although we would have loved to stay the evening, we could not linger since we needed to continue to our destination. Daylight was limited, we would be travelling on unfamiliar roads, and we had a train to catch. With heartfelt gratitude, we bid adieu.

What amazing kindness and generosity. We were unfamiliar persons and yet welcomed as friends. The meal was spontaneous and lavish in its presentation and cuisine. The conversation was rich and comfortable. Oh, the joys of relationship. Pope Francis reminds us that “No one can experience the true beauty of life without relating to others, without having real faces of love. This is part of the mystery of authentic human existence...” (Pope Francis, *Fratelli Tutti*, 87) Sometimes love emerges over breaking freshly baked bread and simple dialogue with strangers, and simple acts of kindness.



The Holy Trinity
Photo by Julie Mussché

For Pondering

Reflect on a time when you were treated to a simple act of kindness. As you imagine the circumstance and person/s who offered that gift, hold both the occasion and person or persons in prayer.

For Prayer

*Thank you, Trinitarian God,
for the energy of your love
actively imparted by acts of kindness given generously by others.
May I live out your love through my acts of kindness to others.
Amen.*

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