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RANDOM ACTS of Kindness

Too often in the news these days we hear stories of violence and anger among people. However, what we don't see in the headlines are the millions of kind deeds that people perform every day of the week.

Some of these are very often quite by accident. Sometimes without it being planned an opportunity arises for us to get a chance to perform a small random act of kindness that may well be the making of another person's day. Most of the time these acts will go unnoticed and unrewarded.

Recently people across the country were asked to give an example of a kindness they had shown to another or that someone had shown to them. These are a few examples:

"When I was working in a shop one day, I noticed an elderly lady whose leg seemed to be bleeding. I asked her was she ok and she said that someone on the bus had stood on her foot and it was sore, her cut was bleeding a lot. I took her to the bathroom and cleaned and covered her cut. She was upset. I asked her where she lived and I gave her a lift home in my car. She was so happy to be looked after and came in a few days later with a little gift."   A from Dublin

"Six years ago, a young couple in our village with small children had a fire in their house and it was badly damaged. They had to move out of their house for several months. My wife and I had a chat one night and decided to help them. We decided to give them a gift of some money to help them out. We went to them and explained what we would like do for them and asked if it was ok. We gave them the money and they were delighted. When the house was renovated and they moved back in we were asked to the house warming to thank us for the help we gave them."
F from Laois

"On a lovely sunny day last summer I was sitting in my garden when my neighbour who is a girl in her 20's stopped her car outside my gate and came in and gave me an ice cream. She was coming from the shop, saw me sitting outside and decided to give me a little treat!"
F from Clare

"I was in a queue at the checkout of a supermarket awaiting my turn. There was a young mother and a small child ahead of me. When her shopping was added up she was short a little over €5. She asked the assistant to take back a couple of things including some yogurts. The little boy started to cry and was asking her not to give back the yogurt. I said to the woman that I would give her the money she said it was ok but I insisted. She was very thankful. "   M from Cork

A few years ago I lost my son in an accident. I work as a school secretary and took some time off work. The day I returned to work a month from the day my son died I was feeling very down when to my surprise a little girl came to the door of the office with a bunch of flowers for me. She didn't say anything she just smiled. It was such a lovely thought." M from Mayo

Many believe that "what goes around comes around" in other words when you show kindness to others kindness will be shown to you at a later stage.

In Cork city in 1953 a mother was out walking with her baby daughter who was in a pram. She was pushing the pram up a steep narrow hill when two cars turned down the hill. To her horror the second car went to overtake the first car which meant she and her baby would be crushed. Seeing the danger, the driver of the first car pulled over stopping the second car and the accident was avoided. The woman went to thank the driver and saw that it was the famous Cork hurler Christy Ring.

26 years later, Christy Ring collapsed and died suddenly on a street in Cork. The first person to run to his assistance was a young teacher who had seen it happen. This young woman was none other than the baby in the pram who Christy had saved from a possible death all those years before.

End of year Quiz

1. Name the Limerick born singer who died suddenly earlier this year?
2. Name the American civil rights leader who was shot dead 50 years ago this year?
3. Name the Limerick business man who donated money to every GAA club in Ireland?
4. The 100th Anniversary of what world event was held recently?
5. What is the red poppy flower a symbol of?
6. Name the former President of America who died recently?
7. Name the wife of President Higgins?
8. Name one other candidate who ran in the presidential election?
9. Name the former leader of Sinn Fein who stood down this year?
10. What festival is held in Lisdoonvarna every year?
11. Name the storm which caused day 2 of the ploughing festival to be cancelled?
12. What county won the All-Ireland Hurling Final this year for the first time in 45 years?
13. Name the woman who was first to speak out about the cervical screening scandal?
14. Name the singer who performed in 9 sell out concerts in Ireland last May?
15. Name the most successful female boxer in the world who comes from Bray in Co Wicklow?
16. In what country did the cave rescue take place of 13 young boys trapped for 17 days?
17. In what country were women allowed to drive and hold a driving licence for the first time this year?
18. People in Ireland were banned from using what during the heatwave?
19. Pope Francis visited Ireland this year, in what year did a pope last visit here?
20. Name the new Irish soccer manager.

Numbers quiz

The answers to these are all numbers

1. How many days in November?
2. How many minutes in 3 hours?
3. Number of seconds in 5 minutes?
4. Number of eggs in 2 ½ dozen?
5. Number of counties in Ireland?
6. If you scored a hat trick, how many goals have you scored?
7. How many years does the Irish President serve?
8. Number of players in a rugby team?
9. How many years in ¼ of a century?
10. How many days in a Leap Year?
11. A car can travel 200km on 20 litres of petrol. How much petrol will it use if it travels 100km?
12. I can buy 10 apples for €8, how much will 6 apples cost me?
13. Mary is half Tom's age. Paul is 1/3 of Mary's age. If Tom was born in 1958, what are all their ages?
14. How much is it to post a letter in Ireland?

ANSWERS

Q1.30 Q2 180. Q3. 300 Q4.30 Q5 32.
Q 6. 3 Q7. 7 Q8. 15 Q 9. 25 Q 10 366 Q11. 10
Q12. €4.80 Q13. Tom is 60, Mary is 30, Paul is 10
Q14. €1

See how many words you can make using the letters in the boxes below.

The letter **O** must be in every word

n	e	r
t	o	d
p	a	s