

Marist Minute



I am partial to a small (or not so small) piece of chocolate after dinner - a rich dark chocolate. A treat and a comfort. And I did read somewhere that dark chocolate is good for you! But it is just for me, there is no sharing. Have you seen the ad for a chocolate bar recently? A little boy on a bus or train with his Mum, notices the young girl in the seat beside him crying, hunched over obviously upset, her eye makeup running down her cheek with the tears. He takes a small chocolate bar out of his pocket, unwraps it and offers her a piece. She looks so sad but shakes her head. The boy offers her a warm smile and she half smiles back with a slight nod of the head. Even though it's an ad there is something touching about this wordless encounter. A knowing, a caring, an understanding, an acknowledgment, a gift. In the midst of the hustle and bustle of a normal day a small boy notices and feels and offers a gift. As Mother Teresa says 'every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing'

On your way home today, pause and notice and smile. Don't wait until you get home to share the warm hugs of loved ones, give a gift to a stranger, the gift of your smile.



Journal Questions:

Jesus calls us to share our chocolate, our smile, our compassion.

How do you show love and kindness in a wordless encounter?

You might never know the difference it could make.

