

Hands



- Take a minute to sit quietly, steady your breathing, quieten your mind and look closely at your hands.
- What do you appreciate most about them? How do they connect you to the wider world? What stories do they tell?
- How many times have you reached out a hand to help someone else in the last few days? Who are the people who have extended a hand to you?
- Gentleness and generosity can often seem in short supply in today's world, but not if we focus on ordinary, everyday acts of kindness. Take a moment to be thankful for those who have welcomed you or shown you practical help this week and think of those who you help on a daily basis.
- When we reach out a hand to others, we create a ripple effect that spreads compassion and generosity through our communities.

'You have two hands, one for helping yourself and one for helping others.' Audrey Hepburn