

From [The Power of Kindness](#)
by Mac Anderson

The year was 1863, on a spring day in Northern Pennsylvania. A poor boy was selling goods door to door to pay his way through school. He realized he had only a dime left, and that he was hungry. So he decided he would ask for a meal at the next house. However, he lost his nerve when a lovely young woman opened the door.

Instead of a meal, he asked for a drink of water. She thought he looked hungry and so she brought him a large glass of milk. He drank it slowly, and then asked, "How much do I owe you?"

"You don't owe me anything," she replied. "Mother has taught us never to accept pay for a kindness." He said, "Then I thank you from my heart." As Howard Kelly left that house, he not only felt stronger physically, but his faith in God and man was strengthened also. He had been ready to give up and quit.

Years later, that young woman became critically ill. The local doctors were baffled. They finally sent her to the big city, where they called in specialists to study her rare disease.

Dr. Howard Kelly was called in for the consultation. When he heard the name of the town she came from, he went down the hall of the hospital to her room. Dressed in his doctor's gown, he went in to see her. He recognized her at once. He went back to the consultation room determined to do his best to save her life. From that day, he gave special attention to the case.

After a long struggle, the battle was won. Dr. Kelly requested from the business office to pass the final billing to him for approval. He looked at it, then wrote something on the edge, and the bill was sent to her room. She feared to open it, for she was sure it would take the rest of her life to pay for it all. Finally, she looked, and something caught her attention on the side of the bill. She read these words:

"PAID IN FULL WITH ONE GLASS OF MILK..."

(Signed)
Dr. Howard Kelly*

***Dr. Howard Kelly was a distinguished physician who, in 1895, founded the Johns Hopkins Division of Gynecologic Oncology at Johns Hopkins University. According to Dr. Kelly's biographer, Audrey Davis, the doctor was on a walking trip through Northern Pennsylvania one spring day when he stopped by a farm house for a drink of water.**

This is the paradox of the power of kindness. It doesn't feel powerful at all. In fact, it almost feels too simple to be important. But as Huxley said, it is the #1 thing that can transform your life.

Kindness, more than anything, is an attitude that brings us back to the simplicity of being. It is also the one way you can be assured of making a difference with your life. This little book can keep that message alive for the rest of your life. It also makes a wonderful gift for any occasion.

[For more information, to look inside the book or to watch the heart-warming 3 minute movie, just click here.](#)

All the best,



Mac Anderson

(Thanks Jean for sharing this with us!)

In BHV news:

1. Brave Heart Volunteers invites family caregivers, friends, health care and human service professionals and any interested public to our monthly, free Caregiver Education and Support Group meeting on Wednesday, June 29th at noon at the Pioneers' Home Manager's House.

Elizabeth Faulkner from Sitka Community Hospital's Home Health Agency will discuss "Sitka's Home Health Program: In-Home Community Services in Sitka."

Lunch will be provided, all are welcome.

Please call Brave Heart Volunteers at 747-4600 for more information.

2. 4th of July Booth

The scheduling of workers for BHV's 4th of July Crepe Booth continues. The booth opens this week! Plans have expanded to also sell pizza (to be made elsewhere) from a warmer at our booth. There are still 3 slots for workers to be filled during 3 person shifts Sat. July 2nd, Sun. July 3rd and Mon. July 4th. Please call Jean at #747-4600(BHV Office) most wk. day afternoons or cell #(608)604-4592 to schedule the most convenient 2 ½ to 3 hour shift for you to fill.

If you have a friend or family member you would like to enlist to work with you they would be most welcome. Also, if you are already scheduled to work a shift, but would be able to work more, that would be great. Booth workers should bring a hair cover (cap or scarf) and their favorite apron to their scheduled work shift. Overlap of shifts is planned to allow departing workers time to orient their replacement to procedures and duties. Please be prompt in arriving for duty. Thank you!

I hope you all have a wonderful week!

Amanda