



MONDAYS

with Mike

AULTCARE

Weekly
PLAN

monday

Heroes and Compassion

In the book *Hugs for Heroes*, author Larry Keefauver devotes an entire chapter titled *Heroes Are Compassionate*. He opens the chapter with the following reflection:

Heroes possess a well-spring of compassion, and they demonstrate that compassion through heroic actions and words. With heroic compassion, Abraham Lincoln penned the Gettysburg Address. Florence Nightingale dressed wounds in Crimea. Martin Luther King Jr. voiced a dream of liberty for the oppressed.

Compassion motivates people to perform heroic acts of bravery, kindness, and generosity. It's the force that moves rescuers to brave the worst of storms to reach helpless victims and relief workers to travel to Third-World countries to provide relief after tragedy.

Compassion also is manifested in quieter but no less heroic ways. Because they feel the pain of others, heroes cry ... heroes pray ... heroes overcome obstacles ... and heroes persevere.

Heroic compassion makes a difference in the lives of others. Perhaps someone near you is hurting or in need. Perhaps that person's wounds can be healed, his hurts soothed, her life changed by a compassionate word or act from a hero like you.

This week, let's energize our "personal force of compassion" and extend that to a person or situation in need. Let's be heroes through our words, actions and behaviors. We just may make something beautiful out of something broken and confused.

A hero lies within each of us!

Have a great week!

