

BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

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Bucket Nuggets—Little Gems of Joy

Connection by Carol McCloud

This past week, three totally separate experiences showed me how interdependent we all are. How much we need and depend on one another to get through difficult times. Not just in families, but everyone.

First, my father was in the hospital for ten days. A seemingly slight medical condition for someone in good health became a serious threat. Because the hospital was three and a half hours away from where we live, my brothers and sisters and I took turns traveling and staying nearby the hospital. We all took time off; we all pitched in. That's what families do.

The Munson Medical Center Team in Traverse City, Michigan was wonderful. The care provided by the nursing team was excellent. Munson has a house next door for families who need to stay. Munson Manor Hospitality House was built by generous people in this community. It's staffed with bucket fillers. I met Mary Ellen and Char who managed the front office when I was there. There were angels of mercy, comforting everyone they interacted with, including me. My father is home now and all looks well. The kindness and support my family and I experienced will remain in our hearts and minds forever.

Scenario #2. As you know, this past week, I sent out our first BUCKET FILLosophy 101 newsletter. The day before it was suppose to be emailed, every subscriber name was lost in one click of the mouse. I was horrified. Not only had I just asked everyone to re-subscribe, now I had no idea what to do. I called Go Daddy, our website host and newsletter service. I reached Dave, a technical support person and another bucket filler. He reassured me that an answer would be found. He told me not to worry. Their staff went to work and in 24 hours, the problem I created was solved. I couldn't have done that. No one can do it all alone.

Finally, a longtime and good friend of mine had her job eliminated last week after 40 years of service. Since I had been there before, I know what it feels like. It hurts. I dips into your bucket even when it's done graciously in the best of circumstances. Glenny and I talked. We visited. Many other friends called her and sent letters of support and encouragement too. Glenny will be fine. She experienced what I had experienced when my job was eliminated...the thoughtfulness of others.

There are bucket fillers everywhere you go if you look for them. Who filled your bucket this week? Whose bucket did you fill?

Quote of the Week

"Nothing in the universe exists alone. Every drop of water, every human being, all creatures in the web of life and all ideas in the web of knowledge are part of an immense, evolving, dynamic whole as old, and as young, as the universe itself. To learn this is to discover the meaning of joy."

- David Cavagnaro, from the book, *This Living Earth*

New Products

School starts soon! Check out our new products that help teach children and remind everyone to be bucket fillers:

- Have You Filled a Bucket Today? glossy poster
- Heart & Star Garland to create your own great-looking bulletin boards
- 3-Piece Bucket Set, complete with Metal Bucket, Dipper, and Lid (all labeled and packaged with TWO songs to teach children basic bucketfilling concepts
- Big 'Magic' Glasses to see invisible buckets
- Plastic Bucket and Dipper Set

These new products are all on the Books & Products page of our website, www.bucketfillers101.com.

Winners!

Jane Carter of Lenoir, North Carolina is our **Bucket Filler of the Week**. She has won an autographed copy of *Have You Filled a Bucket Today?*. Congratulations Jane!!

Every bucket filler is a winner. Encourage your friends to *Sign Up* to get their bucket filled every week at www.bucketfillers101.com.

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