

BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

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Making a Difference

Great idea...

This week we hear from Denise Boldt, of Grand Rapids, Michigan:

First let me say what a wonderful tool your book has been in changing the lives of others, including my own.

I wanted to let you know of a group of friends that loves your book and your concept of filling buckets. We have put bucket filling into practice by doing a service project in our area once a month.

We jokingly call ourselves “the bucket club” and share your book and how it has inspired us when we connect with these different organizations.

I hope your book will continue to be an inspiration to others.

Introducing a new occasional feature to brighten your day...

BUCKET CHUCKLES

A grandmother was telling her little granddaughter what her own childhood was like:

“We used to skate outside on a pond. I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods.”

The little girl was wide-eyed, taking this all in. At last she said, “I sure wish I’d gotten to know you sooner!”

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Bucket Nuggets from Carol McCloud, The Bucket Lady

Another great way to fill buckets

We’ve all heard the term “random act of kindness.”

Written on a placemat in a Sausalito, California restaurant sometime in the early 1980s by peace activist, Anne Herbert, the phrase was originally much longer — “Practice random kindness and senseless acts of beauty.”

In the intervening years, Herbert’s phrase has been reduced to four words that have a more familiar ring.

What, exactly, is a random act of kindness? The word “random” moves the act into the realm of spontaneity; a kind act that goes from concept to completion without much thought or deliberation in between. No over-thinking here.

Last fall, we published a bucket nugget by our own Jan Merz who bought coffee for the person in the car behind her. This is a classic act of random kindness that filled a lot of buckets, including Jan’s.

However it manifests, this form of kindness usually transcends thoughts of recognition and emanates from the ego-less, selfless part of ourselves.

A neighbor sees your snow-covered sidewalk and clears it while you are away. It’s there when a person puts coins in an expired meter and walks away with a smile. Someone pays for the meal of a total stranger who is dining alone in a crowded restaurant. These are all joyful expressions of random kindness.

While anonymity is not a requirement for this kind of bucket filling, it does add an element of fun as we imagine — or witness from afar — the recipient’s pleasure.

Random acts of kindness are one of the best ways to fill buckets with joy, laughter, delight and a lot of other positive emotions. To use another popular phrase, they are truly “win-win” situations.

In fact, if you’ve recently committed a random act of kindness or been on the receiving end of one, we’d enjoy hearing from you at

<http://www.bucketfillers101.com>

Editor’s note: If you take the time to write about your experience, we will make sincere effort to share as many as possible with our subscribers in upcoming editions of Bucket Fillosophy 101.

This week’s winners

Congratulations!



Sherry Hartman, from the Colonial Intermediate Unit 20 Schools in Easton, Pennsylvania, is our Bucket Filler of the Week. Congratulations, Sherry! You have a book coming your way.

Every bucket filler is a winner! Encourage your friends to get their buckets filled every week by signing on for our newsletter at

www.bucketfillers101.com.

Quote of the Week

“Although the world is filled with suffering, it is also full of the overcoming of it.” — *Helen Keller*

