

BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

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Making a Difference

Our seventh award!



We're pleased and excited to begin this brand new month with an announcement:

"Have You Filled a Bucket Today?" has received its seventh award—the 2008 Silver Award from Nautilus Book Awards.

These awards were conceived to recognize and reward a group of world-changing books and to celebrate how they contribute to positive social change, spiritual growth, conscious living, high-level wellness, and responsible leadership.

There were 24 categories, including three children's book categories. Our book was judged in their children's non-fiction category.

The Nautilus motto is "Changing the world, one book at a time." Ours is "Bucketfillers: One child. One book. One session at a time."

This tells us that we are headed in the right direction and so happy that you are making the journey with us.

It gets even better— *Have You Filled a Bucket Today* was exhibited at the 2008 Book Expo America in Los Angeles (May 30-June 1), which is the largest book show on earth.

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Bucket Nuggets from Carol McCloud, *The Bucket Lady*

The wisdom of a nine-year-old

I continue to be amazed at children's wisdom and the understanding they have of their invisible buckets.

Last month, following an assembly, a young third grade boy came up to me with a concerned look on his face and confessed that he had a question about his bucket's lid.

He told me that he understood what I had said about having a lid for your bucket. He knew that it could protect the good thoughts and feelings inside from being scooped out by bucket dippers.

He then asked a profound question: "If you have a lid on your bucket all the time, how can it get filled?" To say that the thought process of this nine-year-old impressed me, would be an understatement.

"That's a great question; you are really thinking," I said. Then I told him, "You certainly **do not** want to keep your lid on your bucket all of the time. You only put a lid on your bucket when you want to protect it from someone who is dipping. Your lid should be off most of the time, so that your bucket can be filled by the kind things you do and the kindness of the people around you."

As I responded to this wise young man's question, his teacher stood nearby listening to our conversation. When he left, she said, "He gets it. He understands the lid better than I do. He knew that you shouldn't keep it on all of the time. I've just learned something from him."

She explained that she'd recently gone through a divorce.

"My lid could become a permanent fixture, a defense mechanism, so that I never feel hurt again. But the flip-side is, I will also keep myself from giving and receiving love," she said.

As we talked, we agreed that relationships very often require a leap of faith, but one we must be willing to make.

Tennyson said it beautifully, "It's better to have loved and lost, than never to have loved at all."

Our buckets can only be full when we are willing to remove their lids and risk loving others and allowing them to love us.



This week's winners

Congratulations!



Zita Adair, school librarian for the Traverse Bay Intermediate School District, Traverse City, Michigan, is our Bucket Filler of the Week. Congratulations, Zita! 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

"You can make more friends in two months by becoming interested in other people than you can in two years by trying get to other people interested in you." — Dale Carnegie