

## Gen K Kindness Card



**Title:** 12 Steps for Sam

**Authors:** Norma and Jamie

**Publisher:** This Kindness Card relates to workshops led by the Older Women's Network NSW, as part of Celebrate Ageing's Gen K program

**Property:** if lost please return to [celebrateageing.com/library](https://celebrateageing.com/library)

<b>Item</b>	<b>Description</b>
<b>The act of kindness</b>	<p>Norma was a young nurse in the army when she started drinking. She has been sober for over 40 years and is part of a 12 Step Fellowship supporting people to recover from addiction. Norma goes to regular Fellowship meetings and said there was a younger person in her group that could benefit from words of kindness. So, Jamie designed a beautiful card and Norma decorated the envelope to send words of kindness to Sam, the younger person in her group.</p> <p>We wrote our own words on paper which we could stick in the card; they were words of encouragement. We also made bookmarks and gave Sam a pocketbook of wise sayings which he could carry around in his pocket. Norma delivered the card to Sam.</p>
<b>Impacts</b>	<p>Sam told us that he cried when he read the card. I think he was very, very touched. I think in his heart it was special that someone had taken the time and trouble to make him this special handmade card. The words Jamie wrote showed great empathy and helped Sam through a very difficult time.</p> <p>Sam told us that he took the card to a 12 Step Meeting that Friday night. Sam shared the words and contents of the envelope with everyone present at the meeting. He said that he'd had a particularly difficult week and the card we made had touched him greatly. He was so happy that we had thought of him.</p> <p>At the Meeting, other people came and asked Sam and Norma about the kindness workshop. They wanted to know how to join Gen K because they could see how kindness spreads positivity. Then they started writing to other people to show them support.</p>

	<p>Eight weeks after we gave Sam the card, we took him out to lunch. Sam loved the lunch. Then we went for coffee and cake somewhere. We know he loved the card because he had it to different meetings to share with others. When he shares, he thinks very deeply. It touched him very deeply.</p> <p>Sam is now employed, and he has also gone back to study drug and alcohol counselling. He will take over chairing a Fellowship meeting soon – because he is a year on, and he wants to give back. He is doing so well in his first year of sobriety. We helped him get back on his feet. What we did helped him turn the corner. He has lost weight and is getting healthy. That is fantastic. We were pleased to be part of Gen K and watch how kindness spreads.</p>
<p><b>Working together</b></p>	<p><u>Jamie</u>: I am in my final year of my Arts degree at Uni. I was lucky to meet Norma and we bonded over our love of writing. I learned about the issue of ageism at this workshop for the very first time. I was surprised to learn an act of kindness can be a very simple thing. This workshop taught me about issues in the community and a lot about myself. It was really the highlight of my week.</p> <p><u>Norma</u>: I'm in my late 70s. My younger partner Jamie, was a delight for me to be paired with. I was stunned by the beautiful and sincere words Jamie wrote, particularly because Jamie had never met Sam.</p> <p>Jamie made me a hat that she gave me as a present when we finished the workshop. Its crocheted. At Christmas she crocheted a lovely bag for me. Thank you for the opportunity to participate in the kindness workshop – I've certainly made some lovely new friends.</p>

Dear Sam,

My name is Jamie and I'm in my final year of my Arts degree at Uni. I have been attending a Workshop called Generation Kindness, where young and older women work together to spread kindness in the community. I've been lucky to meet Norma here and she has told me about you.

With Norma and I both bonding over our love for writing, we thought it would be nice to write you a card of congratulations on your sobriety so far.

I'd like to say that I am so proud of you and inspired by your strength and courage throughout this journey. I am here for you and support this change in your life! Good on you and keep it up! Love, Jamie

JULY 22

Dear Sam,

July 2022

Congratulations on your ability to stay strong and focussed on what you need to do in order to change your life around.

Even although you are so young, I admire the fact that you are determined to continue on your new journey.

We value your courage.

Love  
Norma

