

## **“A Little Kindness.....Goes a Long Way”- by Lorelei Pepe**

It was an early weekday morning around 9 a.m. when I got a call. I was sitting comfortably in bed eating my breakfast and doing my daily devotions and Bible Study. I like this time of the day as it is quiet and peaceful and I can look out my bedroom window and see the blue sky, smell the flowers and listen to the noisy birds chirping! When the phone rang, I was startled as usually no one calls that early. It was my neighbor who lives downstairs in our co-op apartment building. Rose who is 85 and lives alone, was all upset! She was frantic and said **“I am so embarrassed and I need help”!** Her son was coming shortly to pick her up for a doctor’s appointment and she could not finish dressing and was having pants trouble!

**“Okay I said, give me 5 minutes.”** So, I quickly threw my “sweats” on and ran downstairs. Rose hobbled to the door with her pants half on! She could not get them up and close the zipper! She was embarrassed as she said she gained weight and couldn’t manage herself and most of her clothes were now too tight! I told her to calm down and “breathe” and relax and together we did it! Relieved, she just sat down on her big, easy chair, put her hands to her face and cried! My heart melted as I knew she was humiliated. I stooped next to her and told her it was “okay”. I asked her if I could give her a hug and she nodded as she wiped the tears away. I hugged her tightly as she reminded me of my mom who had passed away. She was short and very round. Rose rarely leaves the house these days as she has a lot of fears.

I sat down next to her and told her not to give in and be so discouraged. I told her I was there for her anytime she needed me, and to pray as she was a woman of faith. I told her God will hear her voice as He is always there, but we tend to forget that. As I left, I offered to bring her some pamphlets from my church and the Daily Bread Devotional. She perked up and said she would like that.

I realized that day how lonely Rose is and I try to keep in touch with her more often now, as her two sons cannot come that often. But when she opens the front door for my visit she gives me a BIG smile -- that is all I need!

**By serving others we are serving the Lord, and that makes me happy!**