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October 8th 2013: What Is True Kindness?

Many of us were taught that we should strive to be "kind". In general, that meant always putting others first and making sure that nothing was said or done that could hurt anyone's feelings. Has this always seemed a bit heavy to you? What if true kindness was something very different? What if it might involve saying or doing something that disturbed or upset someone else? What if you could be kind and still consider what would work for you? Join us for a very different look at what true kindness actually is.

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