



## **Acts of Kindness**

### **An Invitation to Be ‘A Little Present’**

As the festive season approaches, many of us feel the familiar pull of busyness. There are lists to complete, places to be, people to see, and expectations – spoken and unspoken – to navigate. It is a season rich with connection, yet paradoxically one where it can be hardest to truly arrive.

Recently, I received a beautiful hand-drawn Christmas card that offered a gentle reminder I’ve been sitting with ever since: perhaps the best gift we can offer is to be a little present.

To be present is not a grand gesture. It doesn’t require perfection, or even long stretches of uninterrupted time. It is found in small choices – switching off a device, staying with a conversation a little longer, noticing what is right in front of us. It is the decision to be in the room, rather than already moving on to the next thing.

Under our Acts of Kindness banner, I’ve been reflecting on presence as a kindness in two directions.

Firstly, it is an act of kindness to ourselves. When we are present, we enjoy our minutes, our hours, and our days more fully. We are less rushed, less fragmented, and often more at ease. Presence allows us to savour moments rather than survive them.

Secondly, it is an act of kindness to those we love. Few gifts feel as meaningful as genuine attention. When we are truly there – listening, noticing, sharing – others feel seen, valued, and connected. Our presence quietly communicates: you matter.

As we move into the festive season, perhaps we might hold this as a soft intention. Not to do more, but to notice more. Not to add another item to the list, but to meet what is already here with care.

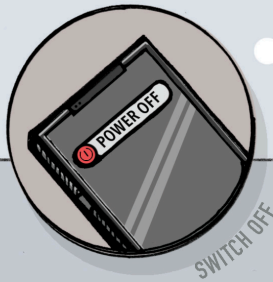
I wish you moments of calm, connection, and presence in the days ahead – and a festive season that feels a little lighter, a little kinder, and a little more present.

Go well.

Note: The accompanying personally hand-drawn image was sent to me by friend and colleague [Matthew Johnstone](#) – I share this with his permission, and hope you enjoy the messages within his image.



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