

Notes of Encouragement

Virtually everyone around us is struggling with some difficulty, some challenge, some mountain to climb. And most of us, because of what we may be facing at any point in time, are hungry for a positive word, an expression of support, something to cheer us.

The written word in the form of a personal note or an email has remarkable power. You can never tell when something you write to others will lighten their burden in down times or sustain them when life gets tough. In the first *Chicken Soup for the Soul* book, teacher Sister Helen Mrosla recounted how a spur-of-the-moment assignment in class became a source of encouragement for her students.

On a day when her junior high math students were especially ornery, she asked them to write down what they liked about each of their fellow students. She then compiled the results over the weekend and handed out the lists on the following Monday.

Years later, when one of those students, Mark, was killed in Vietnam, Sister Mrosla and some of those former students got together for the funeral.

Afterward, Mark's father told the group, "They found this on Mark when he was killed," and he showed them a folded, refolded, and taped paper – the one he had received years before from his teacher.



Right after that, Chuck's wife said, "Chuck put his in our wedding album." And Marilyn said, "I have mine, too, in my diary."

Each person cherished the kind words of encouragement they had received. That is the power of a few kind words.

Is there someone who needs to hear from you today?

– Beecher Hunter