

PRACTISE RANDOM ACTS OF KINDNESS

Just sayin'

PAUL SULLIVAN



Dr. Martin Luther King Jr. was a great man.

I mean, he has his own holiday, observed across the U.S. this past Monday. Anyone responsible for a long weekend is great by definition.

Dr. Martin Luther King Jr. was a giant in the field of human rights, winner of the Nobel Peace Prize and a great orator.

I really admire King, but he's kind of hard to live up to.

For example, he said: "Injustice anywhere is a threat to justice everywhere." He wrote that from a jail in Birmingham, Ala., into which he was thrown for non-violent protest on behalf of African-American rights.

He also said: "I submit to you that if a man hasn't discovered something he will die for, he

isn't fit to live."

I wonder how many of us woke up this morning dedicated to that idea.

Then there is: "Life's most persistent and urgent question is: What are you doing for others?"

Sometimes I wish King had less to say.

I guess the beginning of a new year is always a good time to review what you're willing to die for or what you're doing for others, instead of the usual guff about diet and exercise.

I'll get back to you on the first one.

As for the second one, I could

argue that this column is one thing I'm doing for others, but others could (and do) argue that it's one thing I'm doing TO others.

"We believe that being kind to one another is fundamental to making the world a better place."

Actually, I found the quote about life's most persistent and urgent question on a website called People United, a little outfit in Canterbury, England, which is exclusively dedicated to something called kindness: "We believe that being kind to one another is fundamental to making the world a better place."

As mission statements go, it's hard to dispute. Kindness, apparently, "grows trust, friendship, and a common sense of commu-

nity." A lack of kindness "breeds intolerance, injustice and inhumanity," all stuff King did not approve of.

It's something we can all do. A little kindness won't, um, kill us.

People United's recipe for kindness: "From a neighbourly smile and a helping hand to ongoing ethical and active altruism, kindness is demonstrated in many different ways."

Don't forget to stir frequently.

Today, I'm following Step 1: The "neighbourly smile." It's a long way from "active altruism," but I need to start somewhere.

Hey, Dr. King! I have a dream, too ... of sorts.



Read more of Paul Sullivan's columns at metronews.ca/justsaying

Cartoon

MICHAEL DE ADDER

STEPHEN HARPER AND HIS TEAM CELEBRATE FIVE YEARS IN POWER:



'Choose a job you love'

Letters & Tweets

We asked: How would you describe your dream job?

@everlastinglife: One word: Mythbuster.

@oceanclipse: surfboard tester living in the tropics. Oh wait, that's what I actually do!!!

@Phanyxx: Awesomeness Consultant. For the corporation that's evaluated everything else.

@sarahleec: Confucius: "Choose a job you love, and you will never have to work a day in your life."

@WhatsForLunchBC: international restaurant and

Surf's up



cocktail critic, preferably for an airline magazine.

@mrslprime: Librarian!

@nicolb: Professional vacation critic.

@kmyles: 10% work, 90% pay. #dreamjob.

@Maxspeedca: To become a filmmaker and make oth-

er peoples dreams come true.

@sagalali: my dream job would be one I'd do for free (but get paid to do it anyway).

@timothyhc: Something that combines my passion with my professional experience/training — my current job!!!

Who was your role model growing up?

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Metro Minute with Finger Eleven

Do you need a mid-January energy recharge? Finger Eleven's Canadian tour, in support of their latest album, *Life Turns Electric*, and new single *Whatever Doesn't Kill Me*, comes to Ottawa tonight. The Juno Award-winning rockers from Burlington, Ont., play an all-ages show at Capital Music Hall with Vancouver indie rockers Elias, and

The Envy from Toronto. Advance tickets are available at Vertigo records, The Record Shaap and all Ticketmaster outlets or online at ticketmaster.ca.

Tickets bought for the band's original booking at the Bronson Centre will be honoured at Capital City Music Hall. The doors open at 7 p.m.

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