



## Dear Refirement Network Members

A small act of kindness can go a long way to warm the hearts of those you touch. Kindness is a character trait that we should develop as we age. It can sometimes bring more purpose into our lives than living and planning a life with just head space.

The saying goes that “a journey of one thousand miles starts with one step”. This month I want to share a story that has beginnings with my last conversation with my Mom before she died. I wrote a blog article about it called “The story of the black mittens” Here is the link: <http://www.lyndasmith192.blogspot.com/2014/07/the-story-of-black-mittens.html>

My sister Carol loved my story and decided that she wanted to start a Facebook page called Black Mittens  
:<https://www.facebook.com/BlackMittens?fref=ts>

Carol is left-handed and struggled to learn to knit and crochet as a child. She loved the story and wanted to try and get others to knit mittens. During July we celebrate Mandela Day and this year was the first year without our great hero. I shared with her a page I was following called “67 Blankets for Nelson Mandela Day”. This group was started through a conversation between Zelda Le Grange, Nelson Mandela’s personal assistant and Carolyn Steyn in December 2013 when Mandela died, and Zelda challenged Carolyn and her friends to make 67 blankets by July 2014. Carolyn started a Facebook page and the word spread amongst the communities that knit and crochet and by July more than 4000 blankets had been made and donated to the elderly, sick and small children.

Carol, may not be able to knit but does know how to connect and loves working with charities between the United States where she lives and her beloved home here in South Africa. She used technology and Skyped one of the South African ambassadors of this great campaign and offered to become the ambassador in the USA (East Coast). Two weeks later she met a South African ambassador at the famous Madiba restaurant in New York and received her badge to represent this movement. The movement has gone global and there are women and men all over the world now producing blankets for this great cause. <http://www.67blankets.co.za/#/home>

So what does it take to find your purpose? It is a question I am asked daily. Some know, others are discovering it and others fall into it like this story. We do need to be open, connect, learn new skills, put up our hand and discover what may be possible. Failure is not fatal. Along the way we discover the right path. I have been reading some of the stories of people involved in 67 blankets. It is about getting up with a reason for being. A few more squares, stitches and then before you know it, one has another blanket done. It brings communities together and there are now knitting groups forming in community.

An act of kindness is not about you but about you helping someone else. In the act there is sometimes a return back to the giver. The purpose is not a reward but often in the act we discover the depth and beauty of helping others also helps us.

Why not purchase the EBook I have written called "[Finding purpose, passion and a pay cheque 50+](#)". A pay cheque can be about money but also about meaning. The price of the EBook is R114.00. Email [Lynda@refirementnetwork.com](mailto:Lynda@refirementnetwork.com) if you want to purchase a copy.

Have a wonderful month.

Lynda



## Refirement's Social Networking



Contact Lynda Smith |  
+27 (0) 82 490 2822 | [lynda@refirementnetwork.com](mailto:lynda@refirementnetwork.com)

