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## Kindness 'rocks' at St. Perpetua Parish

Submitted by Domini Tarman



A few third-grade students with their "kindness rocks." Photo provided

with kind, positive messages, and leaving the rocks randomly throughout the community. The parishioners painted rocks with bright, vivid colors and added uplifting sayings of kindness on them, such as "Spread sunshine," "Hope" and "Trust in God."

These same parishioners wanted to ensure the St. Perpetua's third-graders, who had so generously given kindness to others, could now receive kindness back. So the four women presented a personal, kindness rock to each of the children, and encouraged them "to pass on the kindness" by sharing their rock with a friend or family member, or leaving it randomly in the Lamorinda community to be discovered by another.

"The children certainly taught us all that kindness is catching," shared Domini Tarman, one of the four St. Perpetua's rock-painters. "We are so grateful to them for planting the seeds of kindness in our community - see how they grew!"

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