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## Sharing Good News

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## Sharing Good News

Mary Magdalene was so excited about her experiences of the risen Christ, that she ran to tell her friends and associates about what had happened to her. Frequently, we too share with friends and family some of our most positive experiences. Usually, we are reticent about sharing our pains and sorrows, except with those we trust quite well. Rarely do we share with others decisions that we made contrary to our values, or responsibilities we avoided. But good news is to be shared, because it is good for us and good for others.

When we share our good news, we approve what we do more deeply within ourselves, and allow others to identify with similar movements in their lives. We might, at times, have sought approval of others rather than followed our consciences, or acted for appearance's sake instead of according to our honest assessment, but these are problems that need resolving, not news that needs sharing. Rather, we encourage and support one another when we relate some of the decisions we have made and actions we have taken that are most integral to us: those we spontaneously and honestly identify as "good."

The good news that is ours to share is not necessarily about successes that can be judged so by others. The unique good news that is ours every day is about how we have in large measure been true to ourselves, to our calling, to the movement of the spirit within us rather than to the tugs and pushes from outside us. When we have "only done our duty" we have most likely given more of ourselves than can be measured, much more than what can be perceived through the senses. Only we (and God) can know the full extent of the gifts we give of mind, body, and spirit.

Our motive for sharing good news is to benefit others and ourselves, not to engage in self-promotion. So we will, as do the news media, relate stories; we will not provide lists of good deeds. But we need to be aware of all that takes place in our "local scene" so that we might continually recognize and acknowledge our personal good news. At times of our choosing, often following from gentle inspiration, we will let others know about a decision we made, a gift we gave, or a victory over a negative tendency that we achieved. Though many of our decisions may have been invisible to others, almost every one has an effect upon others. All our good intentions are ultimately of benefit to others, whether or not we consciously choose to make them known.

Do we act in accord with our values rather than from fear of what others might think about us? That is good news. Are we living with an awareness of our calling? That is good news. Do we follow the beliefs we have about being unselfish, caring, and respectful of others? That is good news. We do not live "in general" but in the particular thoughts and choices of each day. We, and others, need to know that we are not alone in living according to a way of life that is not bound by consumer/ advertising/ least-common-denominator values prevalent in our culture. We know the difference between what merely "looks good" and what is genuinely positive; when we acknowledge the good decisions we make, they are likely to become habitual.

Since we each have daily items of good news, most of which we will not put into words for others, a journal is an appropriate means for giving witness to ourselves about some of our experiences. By making note, for example, of the quiet pleasure we derive from small acts of kindness, we will encourage ourselves in such behavior. When opportunities arise, we will find that we share appropriately with others those particular experiences that will bring us closer together in our experiences of shared good news.