

The Catholic Women's League of Canada
Community Life Standing Committee
KINDNESS ROCK PROJECT
Catholic and Living It!

Have you ever found a painted rock? I have, and it inspired this project. Last fall, when I was out for a walk in the nearby park, I noticed something shiny at the base of a bush. I was curious and found a rock with *peace* written on it. That was just the right message I was looking for. After being away for a month, I was struggling to come to terms with the deadlines and demands I was encountering, and I was feeling very stressed. Finding that rock was a message to stop and find peace—and it worked! If you find a rock, keep it for awhile and then place the rock for someone else to find.

People worldwide paint rocks and leave them in parks, on hiking trails and around their towns. The rocks can be left on the ground, under a bush, on top of another rock, on benches or walls and even in trees. People even take them on trips and leave them in different provinces or countries. You may want to write where it is from on the back of the rock.

The rocks can be as simple or as decorative as each person wants. There is no right or wrong way to paint the rocks. Paint the whole rock or just the front! Some people like to paint a word or phrase on the rock. One suggestion when using a phrase is to trace the rock's shape on paper, place the words on the paper to ensure the phrase fits, and then transfer it to the rock.

Share the Kindness Rock Project founder's video, *Megan Murphy's story of the Kindness Rock Project* with your council at thekindnessrocksproject.com/. The site also includes inspiration for painting rocks. For more information and inspiration, visit ilovepaintedrocks.com/2017/10/how-to-play-hide-and-see-rock-game.html.

This initiative is intended to be a community project. Ask women in your parish to join, have fun and provide refreshments. The fun part is three steps: (1) Gather the rocks—a group of members can spend the day gathering rocks by rivers, streams, farm fields, etc. Have a picnic! A local landscaping company may have river rocks that could be used if needed. (2) Paint the rocks! (3) Take a rock and hide or place it in a spot of your choosing.

Supplies needed:

- **Rocks:** Smooth rocks are best—enough for each person to paint at least one rock (washed and dried).
- **Paint:** Use craft paint (perhaps six colours). The number of bottles will depend on the number of people participating.
- **Brushes:** Use decent quality paint brushes of various sizes from a craft or dollar store. Foam brushes can also be used to coat the rock and can be obtained from a hardware store.
- **Markers:** Sharpie markers can be used to do the lettering.
- **Hairdryer:** Use this to speed up the drying process.
- **Paper:** Bring paper for those who wish to include phrases on the rocks.
- **Newspaper:** Protect the tables from the paint by covering them with newspaper.
- **Paper towel:** Use paper towel to help clean the paint brushes when changing colours.
- **Small bowl:** Fill a small bowl with water to wash and rinse the paint brushes.
- **Plate:** Use a plate as a painter's palette and for mixing paint.

Inspirational Words:

Abundant	Courage	Heart	Reflect
Achieve	Create	Help	Remember
Balance	Dream	Hope	Resilience
Begin	Endurance	Imagine	Seek
Believe	Enjoy	Imagine	Seek
Blessed	Faith	Improve	Service
Blessings	Focus	Inspire	Simplify
Bold	Gain	Joy	Solve
Brave	Grace	Live	Stamina
Breathe	Grace	Love	Start
Centered	Grateful	Move	Strength
Chance	Gratitude	Patience	Try
Charity	Grow	Peace	Wish
Cherish	Happy	Possibility	Wonder
Confidence	Healthy	Pray	Worthy

No report is required, however, photographs of members collecting and painting rocks would be appreciated. As well, when posting photographs on social media please use the hashtag #cwlpaintedrocks. The photographs can be sent by June 30th to info@cwl.ca.

Feedback on the project would also be appreciated.

Enjoy!

Faith Anderson

Faith Anderson
National Chairperson of Community Life



Some rocks that were painted with my grandchildren of varying ages.