

SedonaKind General Meeting Minutes
March 15, 2024 - 10:00 am @ West Sedona Library

Meeting, Chaired by Joy Sinnott, called to order at 10:05am, 33 SK & community members present

(The latest slide show of the work we've done was playing as people arrived.)

Call to Order – 10:05am

Welcome - Joy welcomed everyone - all new members & visitors introduced themselves and Joy let everyone know they are welcome to sign up in the back if they would like to join us and receive our Newsletter and meeting reminders.

Kindness Stories were shared by Ellie, Jawn, Christine, Heather & a community member visiting for the first time

SK Project Support Day – Reminder that this is being held on March 23rd at the Village Library in the Javelina Room from 10:15 – 1:30pm. Everyone was shown the projects that we will be working on including Good Things Boxes for the Caregiver Renewal Retreat, Homebound Gift Bags, Veteran Blessing Bag toiletry kits, Kids Hat Distribution Card and bag, snowflakes for students, decorative hooks for Gratitude Tree hearts and the deconstruction of the old wooden Gratitude Tree hearts.

Science of Kindness Presentation – Joy presented the *Science of Kindness* based on David Hamilton's book *The Five Side Effects of Kindness*. A summary sheet was available for anyone interested in taking one.

Dr. Brenda Howland – Joy introduced Dr. Howland who shared some comments about the effects of kindness on our bodies and our well-being and some of her personal experiences with this. We then had a lively Q & A discussion and everyone's questions were answered and comments were appreciated.

Kindness Quote – Dr. Howland shared a favorite kindness quote of hers, "Kindness forms the fabric of human society, it holds our families, friendships and communities together."

Adjourned at 11:30am