

Love Is Not Lip Service But Simple Act

You may have heard of the phrase *good people good deeds*. Yet, how many of us actually offer our help to those in need. Being a good person or doing some good deeds is not lip service.

I saw a heart-warming incident in a crowded place that impressed me a lot and it has inspired me to have a better understanding of the meaning of *good people good deeds*.

I remember it was a Saturday evening. My family and I were on the bus. The bus was so crowded. A little boy stood behind me feeling unwell. He tried to find a seat but not successful. No one was willing to offer his seat to the boy. They just pretended that they didn't realize the boy's need.

Suddenly, a woman said caringly, "Are you ok? Do you need to sit down?" The little boy was much moved and thanked the woman. The woman's response surprised me. She replied with a smile, "Don't mention it! Helping others is the key to happiness. Thanks for making me happy today."

During the recent outbreak of coronavirus, everyone was wearing a surgical mask but the little boy didn't have one. I saw the woman give him a mask too. Due to the stock shortage, it is difficult to buy masks now. Her kindness made me feel ashamed and I realized that a simple act of kindness can touch a heart, at least, my heart. I have decided to learn from her.

I will bring some spare masks with me whenever I go out. When I see anyone in need, I can offer my mask to them. The true meaning of *good people good deeds* is not a slogan but an act. No matter whether it is big or small. I hope each one of us will have our own way to help others. By doing this, we are pursuing a meaningful life and I do believe that there will be more heart-warming incidents happening around us. This world will be a better place and we will see angels all around.