

BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

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Making a Difference

Worth the trip

We love to receive letters; they fill our buckets!

This month we received an email from a mother who told us how she searched far and wide for a copy of "Have You Filled a Bucket Today?" and finally found **one last copy** many miles from her home:

"...I drove far to get it late last night because I wanted my son to have it right away and he loved the book. He is in a high-functioning class and they challenge these kids to do up to third-grade work when they are in first grade. He also wears glasses and is big for his age, not overweight, but tall. His classmates have called him four eyes, nerd, etc. and their comments really make him sad when all he wants is to be friends with people. He's an extremely kind child and always forgives others. I am so thrilled with your book. It made my son smile. So, two buckets were filled here.

P.S. By the way, he loved that you made the buckets look just like the person carrying them, including the teddy bear and he liked that glasses were being worn."

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Bucket Nuggets from Carol McCloud, The Bucket Lady

Listen for the angels

*It's been more than two years since I began presenting the bucket filling concept and I have observed many adults who instinctively know how to fill buckets. They do it often and well. They seem to have an inner light that envelopes those around them. **Kathy Martin**, a member of our bucketfilling team, encountered an exceptional bucket filler last week during a medical emergency and shares her story. — Carol McCloud*

I had an adventure last night. It happened in a hospital emergency room where, unable to breathe and frightened, I was quickly attached to a heart monitor.

Uncomfortable terms were used; intubation, pulmonary, cardiac. I was admitted and spent the night carefully monitored with alarming thoughts racing through my mind and yet, at peace.

Because things always seem worse for me at night, I welcomed the rising sun shining through my window. At 6:00 a.m. I heard an angel moving effortlessly from patient to patient comforting the inconsolable, providing hope to the hopeless... and then she was at my bedside.

She had not only filled the buckets of those around me, she had also indirectly filled mine as I listened to her genuine words of hopefulness, concern and caring.

I've learned from Carol (yes, the Bucket Lady) to ask for a name when we see a bucket filler and the angel gladly gave me hers: **Gail**.

I told her I had something in my car that I'd like her to have.

Thankfully, I was discharged that day and when Gail walked me to my car, I gave her "**Have You Filled a Bucket Today?**" and encouraged her to share it with the numerous other bucket fillers at Huron Valley Hospital in Commerce, Michigan.

The best of luck to you, Gail, as you continue your nursing career. You not only touched my heart, you filled my bucket!



This week's winners

Congratulations!



Ruthie Noth, of Norwalk, Wisconsin is our Bucket Filler of the Week. Ruthie found our book at the Barnes & Noble in Onalaska, Wisconsin. She went to our website and subscribed to receive "Bucket Fill-osophy 101." Congratulations Ruthie!

Every bucket filler is a winner! Encourage your friends to get their buckets filled every week by signing on for our newsletter at

www.bucketfillers101.com.

Quote of the Week

"Our purpose in life is to help our fellow human beings. And, if you can't help them, at least don't hurt them." Leo Buscaglia