

# BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

Week of January 20, 2008 • Volume 2, Issue 3

## Making a Difference

### Welcome words...

We receive many wonderful comments from those who discover bucket filling. Here are two recent thank you notes:

#### Mary Reinhard writes:

A teacher at the school where I work read this story ("Have You Filled a Bucket Today?") to a class of 4th graders. This teacher daily reminds his class about filling or dipping buckets. Since this book has been read, this class has changed so much. Each student seems more caring and helps each other out more.

I plan on purchasing this book, and was told there is also a book out there for adults, which I also plan on buying. Thank you so much for this book. It was great.

#### And from Conner Sunde:

Thank you for coming to my school. You touch the hearts of many children and adults. Including me; it's changed my life.

### Another award...

We are pleased and proud to tell you that the "bucket filling book" has received another award.

This one arrives from **Book & Authors.net**.

"Have You Filled a Bucket Today?" received the Books of the Year 2007 award for Best Children's Picture Book.

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### Bucket Nuggets from Carol McCloud, *The Bucket Lady*



Martin Luther King, Jr.

January 1929 - April 1968

## A man for all ages

This week, nearly 40 years following his death, our nation celebrates the life of Dr. Martin Luther King, Jr.

We often talk about Dr. King in our assemblies, describing him as one of the greatest bucket fillers of the last century. We suggest that students write about the ways in which he filled buckets, refused to dip into other's buckets and served as a lid for millions of people. This year, on Martin Luther King Day, one of our Bucketfilling teachers, Peggy Johncox, discussed these aspects of Dr. King's life with Hartland (MI) High School students.

Many of our presentations end with a review of the three ways to keep our buckets full:

#### 1. Be a Bucket Filler.

Dr. Martin Luther King, Jr. understood the value of service to others. Two of his many famous quotes were, "Life's most persistent and urgent question is, 'What are we doing for others?'" and "Everybody can be great because everybody can serve." He was an other-centered man and his concept of "somebodinness" symbolizes the celebration of human worth and dignity for all people.

#### 2. Don't Dip.

Dr. King stood for non-violence and non-destructive social change regardless of any insult or injury he experienced. He would not lower himself to dip into another person's bucket and once said, "Don't allow anybody to pull you so low as to make you hate them." He knew that dipping into another's bucket, regardless of the justification, resulted in dipping into one's own bucket.

#### 3. Have a Lid.

Not only did Dr. King have a lid to protect his own bucket from the assaults and insults of others, he became a "human lid" for mankind as he took action to correct injustices. He did not retreat in the face of bullies, raw hatred, bigotry or prejudice. He once said, "Don't allow anybody to cause you to lose your self-respect." This man embraced the values of unconditional and universal love, truthfulness, courage, compassion and dedication. He gave his life while protecting the value and dignity of others.

I encourage you to discuss the bucket filling aspects of Dr. King's life with your children and I invite you to ask yourself, "What am I doing for others?" keeping in mind that everyone can be great, because everyone can...fill buckets.

### This week's winners

## Congratulations!



**Rebecca Hutcheson**, of Brentwood, Tennessee, is our Bucket Filler of the Week.

Congratulations, Rebecca! You have a book coming your way.

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](http://www.bucketfillers101.com).

### Quote of the Week

**"I have the audacity to believe that peoples everywhere can have three meals a day for their bodies, education and culture for their minds, and dignity, equality and freedom for their spirits."** —Dr. Martin Luther King Jr., Nobel Prize Acceptance Speech

*Nobel Prize Acceptance Speech*