

# Continue to be moved

Image for the weekly letter for Sunday, March 15th, 2026, no. 9



Quote:

*"What helps me, and what I try to practise, is to consciously nourish myself with small acts of kindness. Not to soften or deny the great suffering, but to remind myself that evil does not have the last word. I want to keep seeing it, I want to let myself be touched and nourished by everything that entails goodness. A person who shakes my hand at the front door and welcomes me. An unexpected gesture of attention. A word of comfort. A courageous decision to choose love. To stand up for someone who is oppressed. When I consciously focus my attention on this, I feel that love can flow within me and that this leaves room in my soul to be moved. Kindness protects my heart from hardening and helps me to continue to be moved."*

*"Perhaps that is the simplest and at the same time most powerful way. I cannot save the world on my own. I cannot stop all the violence. But I can choose who I want to be today. In my words. In my attitude. In my willingness to listen. In what I do and what I don't do. That is not a heroic deed, but a daily choice."*

Explanation of the choice:

In this image many elements from the weekly letter and the quotes above come together for me:

We see an armed soldier offering something to local children — a small gesture amid a landscape of violence. Yet there is more to behold. A barren plain frames a beautiful act. Children look up with hopeful eyes toward an adult. "Boots on the ground" stand beside rubber wellies on a dry plain, and some walk barefoot through life. The upper left corner is darker, as is the lower right. Inside that shadow, at the very center of the light, it happens: a small gesture of humanity and compassion.

To keep showing compassion despite the circumstances. With small acts, not grand ones, moved by feeling.

Who will I choose to be for another today?

Warm regards on behalf of the beeldengroep,  
Arno Been, Winterswijk

Image: Pickpik.com  
(<https://www.pickpik.com/soldier-military-uniform-american-gifts-children-665>)



Questions or remarks? [beeldengroep@apgen.nl](mailto:beeldengroep@apgen.nl)