



Serving Your Community

Being of service to our community is part of being a good citizen of the planet Earth.

To live harmoniously, we need to be supportive and helpful to all people, creatures, and plant life that share this Earth with us. While "being of service" is part of being a good citizen of the world, it also feels good to help others. When we do something for others in service without the expectation of anything in return, we are turning our actions into offerings.

You can give service to your community through many ways. There are the obvious and much needed volunteer opportunities, such as serving Thanksgiving dinner at a shelter, mentoring youth, or cleaning up a beach. Then, there is the kind of service that we may not even think of as being acts of service. Learning a new language (perhaps sign language) so that you can talk to more people is a way to reach out to others.

Inviting someone who isn't motivated enough to exercise on their own to join you on your daily walk is a way to give of yourself. Sharing flowers or vegetables from

your garden, organizing a poetry reading, offering to babysit for a busy parent, or donating pet food to an animal shelter are all simple ways to offer your services to your community.

You can serve the world through different paths. Imagine the impact we would have on the environment if we picked up one piece of trash off the street every day and chose not to drive our car once a week. Even gardening tactics such as throwing wildflower seeds onto a vacant lot can brighten the lives of others — including the lives of birds and insects.

Every day, you can do something to make this world a better place. During meditation, ask for guidance on what you can do to be of service. This can be a wonderful way to start your day. Smiling at a stranger who looks down in the dumps or teaching neighborhood kids how to whistle will impact someone's day or even their life. Giving of yourself is the best gift that you can give.

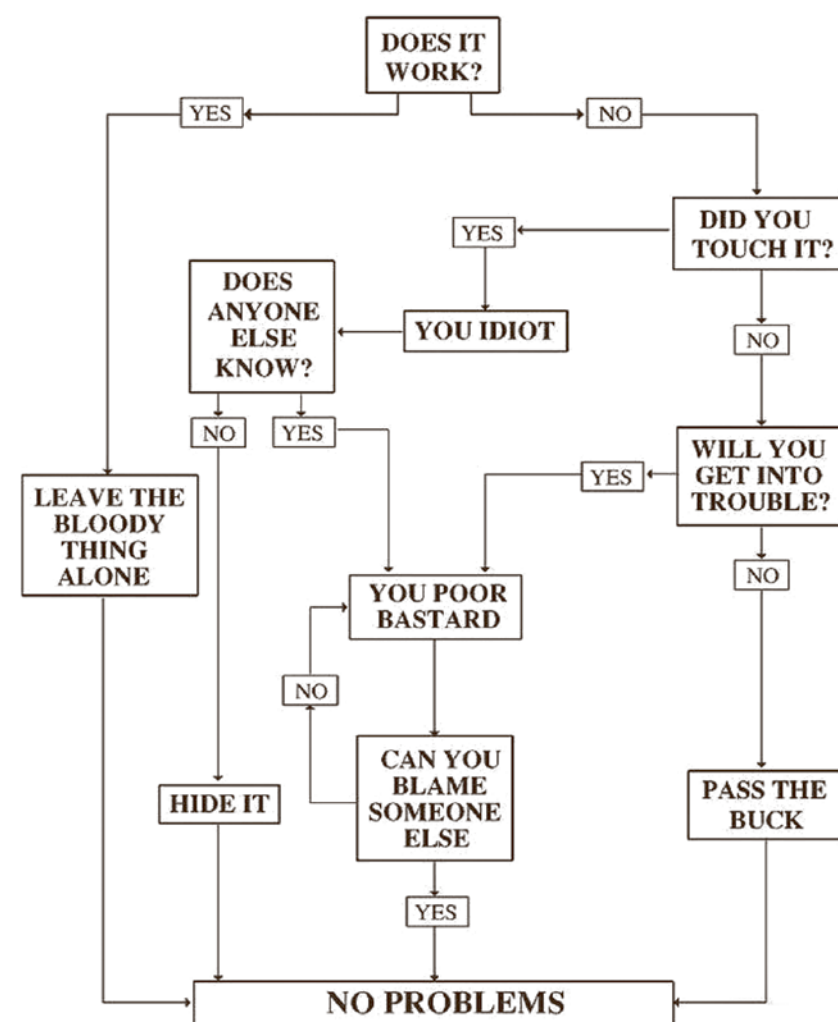
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Dave Barry Quotes

Here are a few quotes from Dave Barry, who wrote a humor column for the Miami Herald, and also writes books. We hope you get a kick out of some of them:

- Never under any circumstances take a sleeping pill and a laxative on the same night.
- Everyone has a right to be stupid. Some just abuse the privilege.
- There is a very fine line between hobby and mental illness.
- Buying the right computer and getting it to work is no more complicated than building a nuclear reactor from wristwatch parts in a darkened room using your teeth.
- Your hand and your mouth agreed many years ago that, as far as chocolate is concerned, there is no need to involve your brain.
- The four building blocks of the universe are fire, water, gravel, and vinyl.
- A child can go only so far in life without potty training. It is not mere coincidence that six of the last seven presidents were potty trained, not to mention nearly half of the nation's legislators.

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