

International Day of Charity

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Human beings are both spiritual and physical beings. When we do things for others, we get vitality elements that feed our spirit, in turn giving us the strength to do more good things.

Each year, there is a designated day to consciously give to other people. The United Nations established September 5 as the International Day of Charity, which marks the date of Mother Theresa's death. Mother Teresa lived a life of self-sacrifice. As she said, "A life not lived for others is not life."

We all are fortunate in some areas of life and have some abundance of food, creativity, money or time. There are many people out there who could benefit from us sharing our abilities and resources. Sometimes simply sending money to charitable organizations is not enough to effect change. The money does not always get to where it needs to go.

Here are some tips on the best ways to give back for the International Day of Charity.



Be Flexible

Charity and kindness come in many forms, just like the many love languages. Words of Affirmation, Gifts, Touch, Acts of Service and Quality Time are all examples of ways to give to people.

Think on your feet! Say you're standing in line at the grocery store and you see someone behind you struggling to put items on the conveyer belt, help them out. Perhaps you see an elderly person sitting alone at the library, say hello and start a conversation. You never know how much a simple word or act of kindness can make someone's day.



Be Intentional

Choosing a charity or a Non-Governmental Organization to support can be a challenge. It might seem easy to just donate to the organization that sends you a flyer in the mail, but how meaningful is that really? Perhaps you are not sure what organizations are out there to support, but maybe you have an idea of an area you would like to contribute to. Here is where internet search engines come in handy: just type in an area of concern and see what nonprofits come up. Don't wait for someone to ask you -- take the time to see what you actually resonate with.



Be Inventive

There is no better way to make an impact than to get others involved for a common purpose. Get your friends together and plan a charitable activity.

Perhaps you have too many vegetables or fruits in your garden that you don't know what to do with. Simply share your abundance with your neighbors by going door to door. Not only is this a way to share in the form of good food, but it also connects you with others in your neighborhood and establishes a sense of hospitality.

There are so many ways you can make a difference; the possibilities are endless. Let's remember that we are a global family on the International Day of Charity, and each day as we go forward.