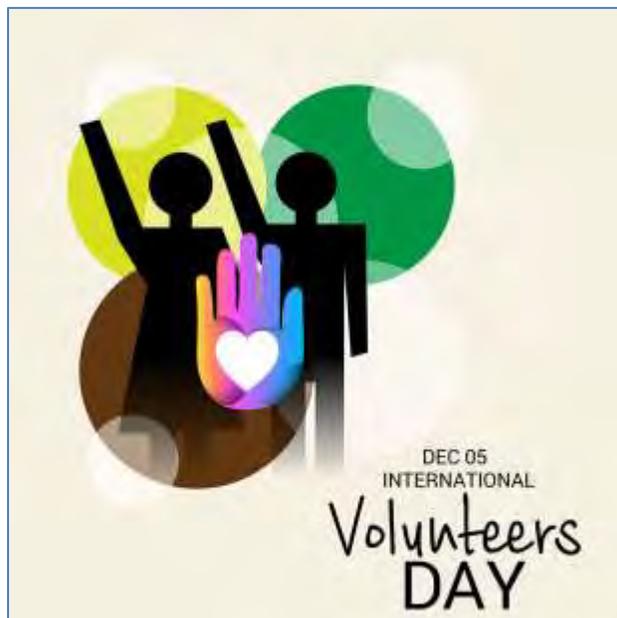


## Lend a Helping Hand this International Volunteer Day

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"Everybody can be great because everybody can serve. You don't have to have a college degree to serve.... You only need a heart full of grace, a soul generated by love." – Rev. Martin Luther King, Jr.

International Volunteer Day, a United Nations (UN) observance, is this Thursday, December 5! According to the UN, this holiday gives us the opportunity to promote volunteerism and encourage governments and institutions to support volunteer contributions at local, national and international levels.

Volunteerism can be beneficial for all who are involved. Lending your services and time not only helps others, but it can also have great healing power. If you are feeling stuck, uninspired, or feeling down, getting out and giving to someone else, even through a gesture as simple as donating a few cans of soup to a nearby shelter, will not only spread cheer, but will help you feel more fulfilled.



Reaching out to others can be eye-opening; it will put your own worries into perspective and help you realize all the wonderful things to be grateful for in your own life. Having an attitude of gratitude is key to your personal happiness, the happiness of those around you, and your relationship with God.

In the midst of the holiday season, there are dozens of opportunities to give back to your community.

Here are a few simple ways you can get involved:

### **Spread Holiday Cheer**

There are many ways to lend a helping hand during the holiday season. Help organize food and gift donations at a local shelter. Visit a senior citizens home near you and offer friendly companionship to its residents -- chat, play cards, sing with a group of friends or walk through the neighborhood.

Check out some volunteer opportunities [near you!](#) As it is the Christmas season, you can make volunteering a family or tribe activity.



### **Volunteer from Home**

In the hustle and bustle of daily life, finding the time to get out and volunteer can feel daunting -- but in the internet age, you can volunteer from the comfort of your home! [Read here](#) to learn how you can contribute to a worthy cause from your home computer. [This website](#) also lists numerous organizations to lend your virtual time.

### **The Mother of Peace is Coming!**

This December 28, Dr. Hak Ja Han Moon, co-founder of Family Federation for World Peace and Unification (FFWPU), affectionately referred to as True Mother by Unificationists, is returning to America for what is set to be one of the biggest interfaith gatherings in history. It is not too late to get involved -- sign up to volunteer [here!](#) If you do not live near the New York or New Jersey area, you can still generate excitement within your own community. Visit churches or invite anyone you meet. [Click here](#) to register yourself or someone else.

A phrase that Unificationists live by, "Living for the sake of others," absolutely rings true. In the words of Rev. Dr. Sun Myung Moon, co-founder of FFWPU, "We should live according to the truth and we should love others. Without the fundamental way of living for the sake of others, we cannot prosper."