



Service

April

Service

Character Qualities

Responsibility
Respect
Thankfulness
Caring
Perseverance
Unity
Integrity
Service
Moral Courage
Citizenship
Fairness
Self Control

“You can't live a perfect day without doing something for someone who will never be able to repay you.”

John Wooden

City of Mission Viejo
200 Civic Center
Mission Viejo, CA 92691

The trait of *service* involves the performance of selfless acts which benefit others. *Service* includes taking action for the good of another person, for the good of the community, or the nation. The quality of *service* is displayed in individuals who are interested in helping others, either through an organized effort or simply with a day-to-day focus on serving others. It involves the sharing of resources, skills, talent, and time.

Service careers focus on the well-being of others, maximizing community benefit while minimizing personal gain. A few examples of *service* careers include military *service*, nursing, teachers, doctors, firefighters, policemen and pastors. Individuals in these professions have dedicated their careers to making our lives better. We should be thankful for those who have made *service* their profession.

Teaching the concept of *service* to children is important. It facilitates the development of a concern outside of themselves and toward others--a sense of giving and enhanced citizenship. Studies show that students who take part in *service* strengthen their academic abilities, civic attitudes and citizenship skills. It is good for children to see the importance of doing kind, helpful acts for others.

Though the intentions of *service* acts are to benefit others, ironically, individuals young and old performing *service* often gain benefits themselves. Studies suggest that helping others is good for our physical health and also lifts our moods. When we serve, chemicals are released in our bodies which may reduce stress, elevate our moods, increase our life expectancy, improve our immune systems, and benefit our hearts! In addition to these physical benefits, a person who “makes a difference” receives immense satisfaction. It is good for us to help others! Psychiatrists

have recommended *service* to others as one way to help with depression!

The following individuals have provided wonderful examples of *service*:

- **Clara H. Barton** 1821-1912. Established the American Red Cross.
- **Albert Schweitzer** 1875-1965. Medical Missionary. Founded hospitals and a medical center for a leper colony in Africa. Nobel Peace Prize recipient.
- **Mother Teresa** 1910-1997. Founded the Missionaries of Charity. They serve 50 Indian cities and 30 other countries. Nobel Peace Prize recipient.
- **Helen Keller** 1880-1968. Researcher, fundraiser, inspirational lecturer.

Bruce Barton offers a perspective about *service* in this excerpt from *There are Two Seas*.

There are two seas in Palestine. One is fresh and fish are in it. Splashes of green adorn its banks. Trees spread their branches over it and stretch out their thirsty roots to sip of its healing waters... The River Jordan makes this sea with sparkling water from the hills. The River Jordan flows on south into another sea. There is no splash of fish, no fluttering leaf, no song of birds, no children's laughter. The air hangs heavy above its water, and neither man nor beast nor fowl will drink. What makes this mighty difference in these neighbor seas? Not the River Jordan. It empties the same good water into both. Not the soil in which they lie; not in the country round about. This is the difference. The Sea of Galilee receives but does not keep the Jordan. For every drop that flows into it, another drop flows out. The giving and receiving go on in equal measure. The other sea is shrewder, hoarding its income jealously. It will not be tempted into any generous impulse. Every drop it gets, it keeps. **The Sea of Galilee gives and lives. The other sea gives nothing. It is named The Dead. There are two kinds of people in the world. There are two seas in Palestine.**

Books and Movies of Character

Fiction Books

Aldo Ice Cream by Johanna Hurwitz
(3rd to 5th grade)

Best Enemies Forever by Kathleen Leverich (Kindergarten to 3rd grade)

Here Comes Darrell by Leda Schubert (Kindergarten to 3rd grade)

Makayla Cares About Others by Virginia Kroll (Kindergarten to 3rd grade)

The Berenstain Bears Lend a Helping Hand by Stan and Jan Berenstain (Preschool to 3rd grade)

Nonfiction Books

The Big Help Book: 365 Ways You Can Make a Difference by Volunteering by Alan Goodman (Kindergarten and up)

Brittany and Robbie Bergquist: Cell Phones for Soldiers by Leanne K. McGhee (4th to 8th grade)

Lindsey Williams: Gardening for Impoverished Families by Michelle Houle (3rd to 7th grade)

Volunteering to Help Seniors by Patrick Newell (5th to 9th grade)

Volunteering by Amanda Rondeau (Kindergarten to 3rd grade)

Clara Barton: Founder of the American Red Cross by Augusta Stevenson

Real Kids, Real Stories, Real Change: Courageous Actions Around the World by Garth Sundem

The Power of Serving Others: You Can Start Where You Are by Gary Morsch and Dean Nelson

Movies

The Miracle Worker
The Tuskegee Airmen

Quotes

“I don’t know what your destiny will be, but one thing I do know: the only ones among you who will be really happy are those who have sought and found how to serve.” *Albert Schweitzer*

“Never worry about numbers. Help one person at a time, and always start with the person nearest you.” *Mother Teresa*

“It is one of the most beautiful compensations of life that no man can sincerely try to help another without helping himself.” *Ralph Waldo Emerson*

“I am only one; but still I am one. I cannot do everything, but still I can do something.” *Helen Keller*

“It is every man's obligation to put back into the world at least the equivalent of what he takes out of it.” *Albert Einstein*

“Do what you can where you are with what you have.” *Theodore Roosevelt*

“We make a living by what we get. We make a life by what we give.” *Winston Churchill*

“We can’t help everyone, but everyone can help someone.” *Ronald Reagan*

What is Service

- Offering your assistance to others.
- Seeing a need and stepping in to help.
- Giving of your time and yourself to others.
- Performing tasks without expectations of return.
- Unconditional giving.
- Sharing your talent and time.
- Using your gifts to help others or a cause.
- Assisting family, neighbors, community, and country.

Practicing Service

- Participate in community service events, such as a trail, beach or school clean-up.
- Volunteer in your church, house of faith, or school.
- Realize that everyone has something to give.
- Give of your time and talents unconditionally.
- Take a meal to a family or a shut-in who needs extra help.
- Volunteer in a nursing home or senior center.
- Search the internet for volunteer opportunities.

Applying Service

- When you see a need, look for an opportunity to help.
- Organize a clean-up day at your school or park.
- Donate blood or plan a blood drive.
- Join a service organization or club.
- Watch the movies of character as a family and discuss.
- Keep your eyes open for opportunities to help others, every day in all situations.
- *If I can stop one heart from breaking, I shall not live in vain. If I can ease one life the aching, or cool one pain, or help one fainting robin unto his nest again, I shall not live in vain.*
Emily Dickinson

Personal commitments to Service:

- I will not be self-centered but will consider the needs of others.
- I will look for opportunities to help others.
- I will participate in community service events.
- I will do a kind deed every day.
- I will try to live a life that *makes a difference.*