

September 2016 Service Commission Report

Lisa Adamson

I am excited to be your new service commission chair. I was honored when President Downs invited me to join the board. With prayer and your help I hope I can serve proudly.

I would like to outline our service project. FILL THE BOX FEED A CHILD. The Utah food bank provides food to various pantries across the state, to be assembled into pantry packs, to be used in their backpack program. These are then handed out to school children with various food insecurities each Friday to sustain them through the weekend. Their backpack program is essential to these families. Last year they provided over 63,000 pantry packs. I am setting a lofty goal of filling 150 boxes. I will be responsible for the storage and delivery of these filled boxes. I will also be available to pick up the boxes once they are filled. At the board meeting September 24, 2016 I will be providing the Deanery Presidents with flyers and boxes to be given to each parish. These food collections can be a one-time event or an ongoing project. Please encourage your CCW presidents to implement this project in their parishes. Let's all add a few items to our grocery lists for these pantry packs and these hungry children. They deserve to be JOYFUL and not feel despair.

Here is the list of items for collection.

Shelf stable milk (8 oz.)

Peanut Butter (12 oz.)

Fruit and Vegetable Cups (small cans with pop tops)
healthy varieties)

Instant Oatmeal Packs

Boxed Juice (6-8 oz.)

Soup and Tuna (easy open)

Cereal (small boxes, healthy varieties)

Thank you in advance for your support

Fruit snacks (100% juice)

Kid Size Apple Sauce

Granola Bars or Trail mix (

Crackers

Sunflower seeds

Raisins

Instant Breakfast

A little food (no pun intended) for thought -

In an article published in Yes Magazine in 2012, a group of techies volunteered at a homeless shelter and they tell their journey about serving others that eventually resulted into an organization called ServiceSpace. Here are five reasons to serve that they discovered along their way.

1. Serve to discover abundance: the radical shift from 'me' to 'we.'

When you serve, you discover that often the most important things you have to offer are not things at all. You start to uncover the full range of resources at your disposal – your time, presence, attention – and recognize that the ability to give stems from a state of mind and heart, a place much deeper than the material. Inspired by the possibilities this opens up in every moment, you begin to discover humble opportunities to serve – everywhere.

This process begins a shift from a me-orientation to a we-orientation. You start to look at people and situations with an eye for what you can offer them, and not vice versa. You break the tiresome tyranny of questions like "What's in it for me?" The mindset shifts from consumption to contribution.

Paradoxically, when serving in this way, you are no longer operating from a space of scarcity. Your cup fills and overflows.

2. Serve to express gratitude.

When you acknowledge the fullness of your life, you can manifest a heart of service in any situation. In that sense, service doesn't start when we have something to give – it blossoms naturally when we have nothing left to take. And that is a powerful place to be.

We begin to play our part – first, by becoming conscious of the offerings we receive, then by feeling gratitude for them, and finally by continuing to pay forward our gifts with a heart of JOY.

Yes, external change is required for the world to progress, but when coupled with inner transformation, it can affect the world in a radically different way.

"We can do no great things – only small things with great love," maintained Mother

Teresa<<http://www.csmonitor.com/tags/topic/Mother+Teresa>>, a woman who made a difference in the lives of millions. It's a matter of what we focus on. In other words, it's not just what we do that matters, but the inner impetus behind our action that really counts.

3. Serve to transform yourself.

Any time we practice the smallest act of service – even if it's only holding a door for somebody with a full heart that says, "May I be of use to this person" – that kind of giving changes the deeply embedded habit of self-centeredness.

In that brief moment, we experience other-centeredness. That other-centeredness relaxes the patterns of the ego, a collection of unexamined, self-oriented tendencies that subtly influence our choices. This is why no true act of service, however small, can ever really be wasted.

To serve unconditionally in this way takes practice and constant effort. But with time and sharpened awareness, we begin to brush against the potential for transformation that is embedded in every act of generosity.

It's a realization that when you give, you actually receive. You begin to internalize this, not at the intellectual level but by experience.

4. Serve to honor our profound interconnection.

Over time, all of those small acts, those small moments, lead to a different state of being – a state in which service becomes increasingly effortless. And as this awareness grows, you inevitably start to perceive beyond individualistic patterns: Each small act of service is an unending ripple that synergizes with countless others.

As Rachel Naomi Remen puts<<http://www.ijourney.org/?tid=127>> it, "When you help, you see life as weak. When you fix, you see life as broken. When you serve, you see life as whole."

With that understanding, we begin to play our part – first, by becoming conscious of the offerings we receive, then by feeling gratitude for them, and finally by continuing to pay forward our gifts with a heart of JOY. Each of us has such gifts: skills, material resources, connections, presence – everything we consider ourselves privileged to have. And when we actually start to use our gifts as tools to facilitate giving, we deepen our understanding of relationships and start to sync up with this vast "inner-net."

<http://www.huffingtonpost.com/viral-mehta/power-of-giving_b_884926.html>"

5. Serve to align with a natural unfolding.

When we increasingly choose to remain in that space of service, we start to see new things. The needs of the current situation become clearer, we become instruments of a greater order and consequently our actions become more effortless.

When a group of people perform this kind of service as a practice, it creates an ecosystem that holds a space, allowing value to emerge organically. All of this indirect value, the ripple effect, has space and time to add up, synergize with other ripples, and multiply into something completely unexpected. In humble fashion these ripples continue to seed unpredictable manifestations. Such an ecosystem can have its plans and strategies, but places more emphasis on emergent co-creation. So a lot of the ripples will remain unseen for years; some perhaps will be the basis for seventh-generation philanthropy. It doesn't matter, because they are unconditional gifts.

What each of us can do, on a personal level, is make such small offerings of service that ultimately create the field for deeper change. The revolution starts with you and me.

I believe the many years of service everyone, past and present has given to the DCCW, started and continues to have a ripple effect. We all know the value and purpose of serving others. Let us remember our gifts of time, talent, and treasure as we forge ahead this year in our various projects. And let us all enter into our service project - FILL THE BOX FEED A CHILD - with generosity and JOY!

Blessed to be among you,
Lisa