

At Life University, lasting purpose is operationalized with standards of employee behavior that we are all urged to model in and out of the classroom, on and off campus. It begins with the attitude of helpfulness where we strive for our actions to help our common purpose, all while maintaining an appreciative attitude. Giving, serving and doing are three discrete acts of engagement that can bring about healing to the giver as well as to the receiver. There is an unlimited abundance of universal energy that is there for everyone to tap into; it is there to flow through us and to give away. When we choose to share energy, we heal. Healers know this.

As discussed in the last issue, food and love are integrally intertwined. Sharing food both heals hunger and often allows the giver to give love. Below are some ideas for engagement with others that can help to nourish a body and a soul. These three ideas relate to the notions of giving, doing and serving.

Abundance

"To give, to do, to love, to serve, out of a sense of abundance" is our lasting purpose motto at Life University and this sentiment guides many of us not only in our professional lives but personally as well. The last quarter of the year is a time when we typically gather with family and friends to give thanks. Whether we share dinner, go to parties or just get together casually, our focus shifts to acknowledging others and their impact on our lives. We make time to reach out to old friends and purchase gifts to remind others of what they mean to us. Expressing gratitude and sharing with others is the traditional experience that we have come to expect and to anticipate joyfully.

While festivities overflow, introspection can creep up on us. Nothing gives us pause to think as poignantly as the contrasting feeling between what we have, what we want and the vast chasm between ourselves and those in constant need. For every dollar spent on token or useless gifts, there are those that will never have enough. The reality is that many mothers put their children to bed hungry and face the fact that they cannot provide daily. Many a dark night is faced by lonely souls yearning for human contact. This season, I challenge everyone to operate from the sense of abundance that they may have and reach out to make a difference.

1. **GIVE:** Donate food or money to an organization whose mission is to feed the hungry. Be specific. Would you like to help feed children, seniors, immigrants or the homeless? Supporting animals may be your thing. There are many of Earth's creatures who can benefit from equitable distribution of good and services.
2. **DO:** Invite a senior citizen to share a meal. An interesting article found that interpersonal sensitivity and social support satisfaction uniquely predicted quality of life among rural older adults.¹ What this tells us is that that older folks gain more from a shared meal than just the food. Do something! If you do not have an older relative or friend, find a senior center with game night. Show up with a plate of homemade cookies and play scrabble. Your heart will sing with joy when you spread joy to others.
3. **SERVE:** Volunteer in a congregate feeding facility or for Meals-on-Wheels. Research shows that volunteers feel a sense of altruism.² Sustainability of charitable feeding operations depends on both resources and volunteers.³

Charities depend on donors and donating feels good! This is a win-win. If you are skeptical of shysters, then do your homework. There are honest organizations and honest people who will appreciate your work. Willingness to serve the community and fellow man are as important as any of your other pursuits. Life University recognizes that each individual has been given certain gifts and as a citizen in the world community, it is the duty to give, to



do, to love and to serve out of our own abundance. Please consider your abundance when choosing to share with others this season. €



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