

Did you know that volunteering is good for you?

While it's true that you're doing something good for someone else, volunteering comes with good benefits for the volunteer, as well. In a report by the Corporation for National and Community Service, these benefits for being a volunteer are lifted up:

- Good ethic. Being selfless means you're helping someone who needs it, and it's good for the community in general. It takes all of us to make life better.
- While this isn't a motivation, it is a side benefit: it makes you feel good to give of yourself without expecting anything in return
- There is a strong correlation between volunteering and better health—better physical health (some say that their chronic pain diminishes), and better mental health. It's good for your spiritual life, too.
- You're connected to others—it's a healthy social event. You connect with diverse folks, people with whom you might not ordinarily interact.
- You have a sense of purpose and of satisfaction. A job well done.

If you haven't been in the habit of giving your time, talent, skills, and energy, there are places in Tampa Bay that could use your

help. Here are just a couple of ideas, and I'm including website addresses so that you can read more for yourself:

Trinity Café (<https://trinitycafe.org>):

See on the website—

"Humanity begins with a meal."

With two locations, one on Nebraska, the other on Busch, people are fed (free) delicious noontime meals by a host of volunteers who sit at the tables with the guests and visit, serve, sweep, pour drinks, and the like—a rewarding experience.

Last year 14,106 volunteers worked for a total of 35,265 hours. Even with those remarkable numbers, Trinity Café needs more folks willing to be present to serve.

Feeding Tampa Bay (<http://feedingtampabay.org>):

This is a physical activity because it includes sorting thousands of pounds of food, but it's not terribly taxing—there's a job for everyone.

Children and youth are seen working right along with adults; they are taught at a young age that their volunteer efforts really matter. This might be where your children can be a good help this summer. Partnered with CBS Channel 10, Feeding Tampa Bay is collecting boxes of cereal this summer. When school lets out, a source of food is gone for the summer for many children and youth. This is an easy donation, especially when area grocery stores put cereal on "buy one, get one free." Look to the website for more information on how and where to donate.

This summer, challenge yourself with something new—if not at one of these places, then another. The need is great and the workers are few.

Peace, Laurie.



Rev. Laurie Palmer
 Pastor
 St. Andrew Presbyterian Church
 5340 Primrose Lake Circle
 Tampa, FL 33647
 813-513-8822

Volunteering
means better health