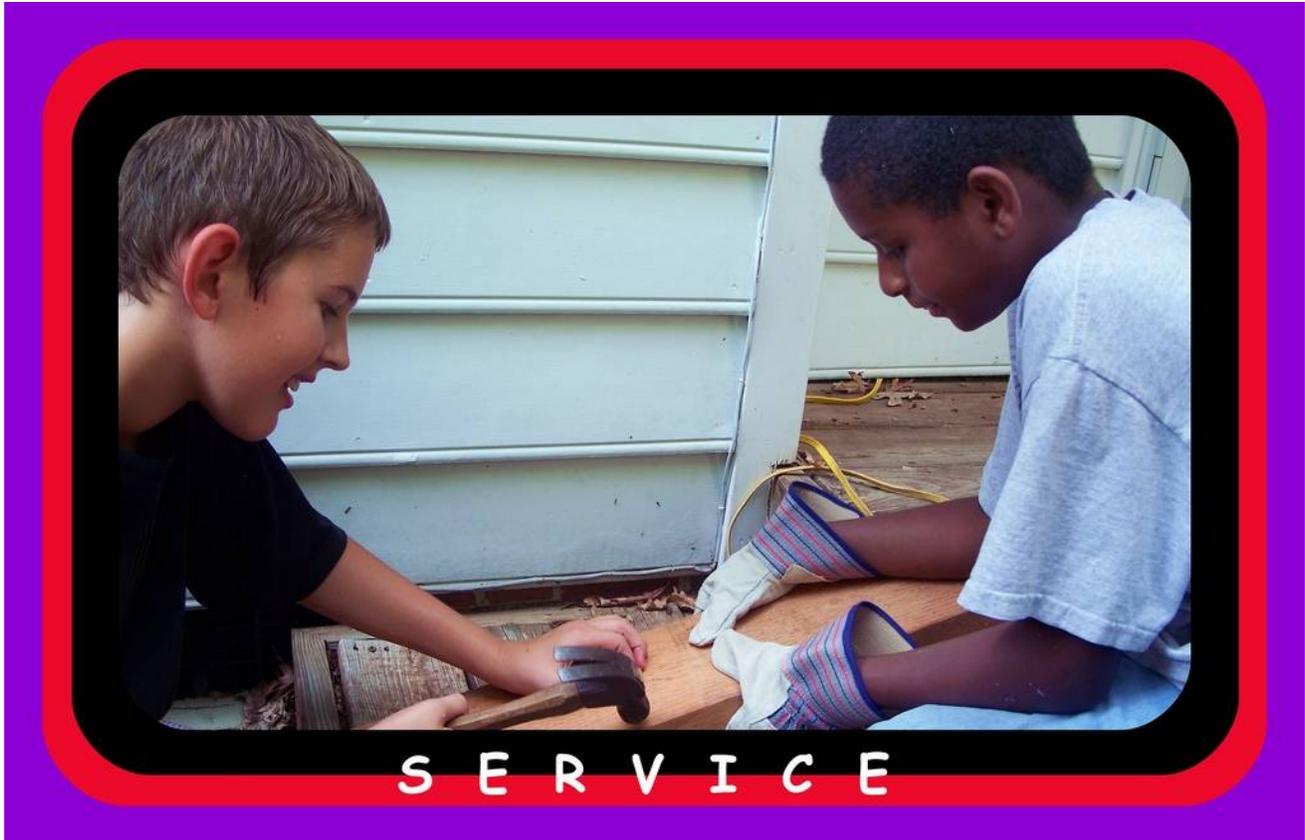


Guideline 15 : Service



Humility	Respect
Patience	Forgiveness
Contentment	Gratitude
Delight	Responsibility
Kindness	Principles
Honesty	Aspiration
Generosity	▶ Service 15
Thoughtful Speech	Courage
16 Guidelines for Life www.16Guidelines.org	

Character Guide: Serzo Service

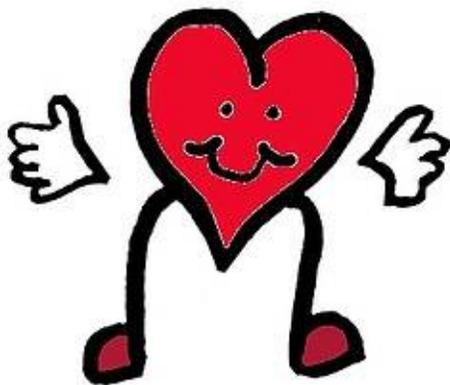


Serzo serves
others, volunteering
his time and
creative energy.



The guides' positive chants
help you to remember the
most important ideas. Say
these over and over to
remember them.

**Giving time
from my day
can help
in some way.**



“You know if you are having
a bad day, it's good to think
that maybe your good day has
gone off to help someone else.”

-- Caeman Toombs, 10 yrs, USA

The Third Bowl



"Once there was a woman who lived a long life making pottery for our village. She made the cups with which we toasted 'good health' to each other, the plates on which we ate together to celebrate or grieve, and the bowls in which we shared our food with the holy ones who helped nourish our souls. One day she realized her body was in its last days of service to her and she decided to make three more bowls. She made them beautiful, identical, and with love.

Three friends came to her side as she rested her final day in this world, already past the point of speaking. The bowls were next to her with a note: 'Please take one of these with you.' The symbols on the bowls meant, 'May this work continue to be of service after I am gone'. Now the story becomes three stories because each bowl served in a different way.

The friend who took the first bowl thought it was too pretty to use and set it high on a shelf with many other lovely things. It was seldom noticed and years later was broken as someone tried to clean the dust from it, ending its story.

The second visitor to the potter was a teacher who brought the bowl to school. The children enjoyed it, drew it, were inspired to make bowls like it -- a few even became potters. Their images and bowls served many people. This second bowl served its purpose and started many stories before it was broken.

I was the third visitor and a young man with no idea of what might be a good purpose for the third bowl. I had no fancy shelf, no students, and no need for a bowl myself. A bowl can be used in many ways, so I asked friends and neighbors to write what they needed on slips of paper and put them in the bowl.

To my surprise, some of the notes were offers of other things people had to give. At first, I matched up needs with offers one by one. In time the bowl overflowed; people learned how to ask for the help they needed and how to give when they had more than enough. We began to meet once in a while to help each other however we could. This attitude has become a part of daily life, and now the bowl and the meetings are no longer needed.

As I myself have now lived a long life it is time to send the bowl on its way. I decided to give the bowl to my next visitor to take it home and find its new purpose. The first bowl was never much more than a vision; the second achieved everything a bowl can be; the third has changed us all. Thank you for your visit. It is you who will decide what happens now in the story of the third bowl."

* * *

Service Activities



Try it now: The Art of Service

“An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity.” Martin Luther King Jr., USA

Art Project:

Tribute

Read The Third Bowl story on the previous page. Imagine you were in the art class in the story and draw the potter's bowl as a tribute to her life of service. If you can find some clay make a bowl you plan to give away. Think about who you will give it to and what type of bowl would serve them. Consider telling them the story as you give the bowl to them.



You have received gifts of health, abilities, and time here as a human which you can use to serve others. Will your gifts be used or waste away collecting dust? Remember that service is not an exact science -- you do not have to be perfect to start. Even as a young person, you can be of service if you begin with clear motivation and keep your goal in mind to help others.

This also works in language. You can read a word, even if most of the letters are incorrect, if you have the first and last letter in place. You can move ahead even if all the details are not right.



Word Play:

Decoding Einstein

Each word in this paragraph has the correct first and last letter, but the other letters are scrambled. Can you decode this message from 1950 from Albert Einstein?

"A hmaun bnieg is prat of the wlohe, caelld by us 'Unrevise,' a prat litimed in tmie and sacpe. He epxencires hlesmif, his tguthohs and fginlees as sthinmoeg satepared form the rset - a knid of oticapl deliosun of his cciousonsness. Tihs deliosun is a knid of psiorn for us, resitricng us to our psonearl dseiern and to affcetion for a few pnoress nseaert to us. Our tsak msut be to fere oveelurss form tihs psiorn by windeing our clirce of cpassomion to erabmce all linivg catreures and the wolhe nrature in its btauey. Ndooby is albe to avechie tihs ctemeopply, but the stinvrig for scuh aevemechint is in iletst a prat of the lbeartioin, and a fdoontauin for iennr serucity."





Try it now: What a special grain of sand!

You may think “What can I do? Just one person?” An individual can make a big difference, and it has been pointed out that “you have a unique and precious opportunity for positive impact.” That last snowflake starts the avalanche, the last sand grain starts a landslide.

Experiment:

Shifting Sand

Find a bucket of sand, a small bowl, and a place to make a pile of sand. Scoop a little sand with the bowl. Pour slowly and carefully onto a single spot on the ground. Keep pouring and refilling, watching the sides of the sand hill. At some point, one grain will cause a major shift. Could you be like that grain for a useful shift in your family, school or community?



Future avalanche?

Try it now: I'd give my life to...

Why do some people live lives of service? Often it begins with an attitude, a wish to help others, but results in great satisfaction. It feels good. It fills a hole. Complaining increases your sense of powerlessness. Doing something useful, being part of the solution, feels good.

Puzzle:

Full service from bank to blank

Use the Word Bank below to fill in the blanks. Answers are on the Instant Replay page.

- 1 The sun does not _____ for a few trees and flowers, but for the _____ world's joy.
-- Henry Ward Beecher, USA
- 2 Life's persistent and most urgent _____ is “What are you doing for _____?”
-- Martin Luther King, Jr., USA
- 3 Do all the good you can, by all the means you can, in all the _____ you can, in _____ the places you can, at all the _____ you can, to all the people you can, as long as ever you can.
-- John Wesley, UK
- 4 Those who _____ sunshine to the lives of others cannot _____ it from themselves.
-- Sir James Barrie, Scotland, author of Peter Pan.
- 5 Are you in earnest? Seize this very _____. Whatever you can do or _____ you can do --begin it.
--Johann Wolfgang von Goethe, Germany
- 6 It is better to light a _____ than to curse the _____ -- traditional Chinese proverb
- 7 This is the true joy of _____, the being used up for a _____ recognized by yourself as a mighty one; being a force of nature instead of a feverish, selfish, little clod of ailments and grievances, complaining that the world will not devote itself to making you _____.
-- George Bernard Shaw, Ireland

Word Bank: times think life happy shine others bring question
purpose minute darkness all ways wide keep candle



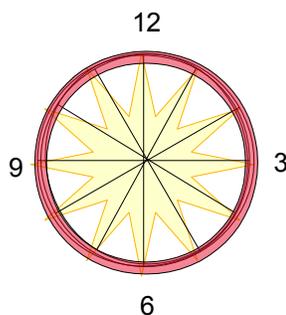
Try it for real: Spending Precious Time

Whatever you do to fill your day today, you will trade a day of your life for it! Make it a good trade. You may have a lot of choice or very little about where you are in a day, but you have a lot of control over how you do what you do. Try this activity to take a picture of how you are spending your time.

Notice/Record: Sand through the hourglass

Record how you spend your time for a day or a week. Write down the main types of activities that occupy your time. Look at your record to see how much time you spend on school, on helping your family, on bathing and eating, on playtime, etc.

Are you happy with what you see? Would you miss a few hours of watching TV, playing games, or whatever you do with your spare time? See if you have some time you could do some volunteer work to help others.



Volunteer:

At your Service

Try volunteering for a few hours to see if it is more satisfying than your other optional activities. For instance you could help an elderly person with their garden or a cooking project or wash their car. If you know someone who has trouble seeing you could read to them. Perhaps you could go with your family to help at the library, local food bank, or to clean or plant flowers at your school.

Ask your teacher what you could do to help at school. Ask your parents what you could do to help in your neighborhood.





Try it for real: A Storm of Helping Hearts

To be healthy and strong enough to help is a great gift.

“Do service when you can so that when you can't other people can do a service for you.”

-- Caeman Toombs, USA

Group Project: What service! Plan, Do, Rejoice!

Cut out a number of heart shapes from a variety of colors of paper. With friends or classmates, brainstorm ideas for service that young people can do in your community. On each heart write one of these ideas. Put all the hearts up on a wall or bulletin board. When someone does each activity or if you see or hear of someone else doing it turn the heart over and draw a big smile on it. If you hear of other acts of service, add new hearts to the wall. Think - how wonderful it is that people offer service.



Dryer lint/sheet hearts, click photo for instructions.



Treasure Hunt:

Service, Service, Read all about it!

Read a local newspaper or the news online to find an article about someone who was recognized for an act of service. Discuss with someone what made the act an act of service. Who benefited from this effort? Add the article to your heart wall above.



Volunteers help to get a new building ready for their community and learn a lot in the process.



High school students volunteer to play for the birthday party of an 80-yr-old woman displaced by a hurricane.

Try it for real: Giving Back



Imagine:

Breathing out Peace

If something bad happens this week -- you have a bad day or a headache or a flat bicycle tire -- imagine at that moment that because this happened to you it will not happen to others. Imagine you have chosen to take the discomfort of this from everyone else who is also having that experience. Breathe deeply and slowly as you think, "I'm breathing in their discomfort, destroying it, and breathing out peace." Notice if it makes you feel better. Read the poem on the next page.

Throughout a day, how many people provide you personally with some sort of service? Do your parents or caregivers work to maintain your home by making money? Do they go shopping, cook, serve, and clean? Do your friends help you with your homework or tell you the latest news? Does someone you don't even know spontaneously watch out for you as you cross the street or help in emergencies? How wonderful if you have examples of service.

Is this service provided with a light, cheerful attitude or a heavy sense of duty or obligation? Does the attitude matter?



Notice/Act: Service with a Smile

Pick a day to notice and count every person who does something that serves you personally. Notice their attitude while serving and how that makes you feel.

On a different day just notice what you do to give back or to help out and provide service to others. Are you cheerful while helping? Is it easier to serve friends than enemies or people you have not put into either group? In your typical day, do you spend more time serving others or expecting them to serve you?

On a third day look for opportunities to be of service to everyone. No matter how old you are you can always help by being a good listener, being patient and kind. You can clean up after yourself, tell people you appreciate what they do for you, and pay attention to who in your group might need a little extra help with something. Smile as you help out wherever you can. That's a good start.





Where does my good day go?

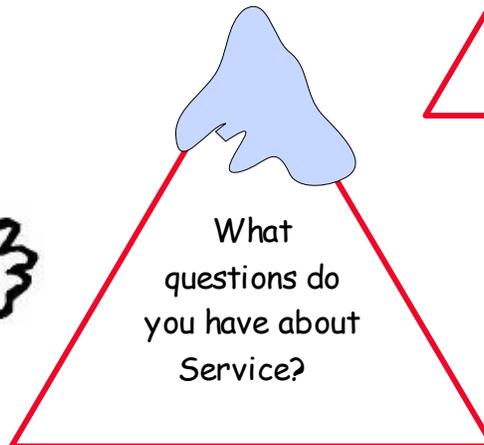
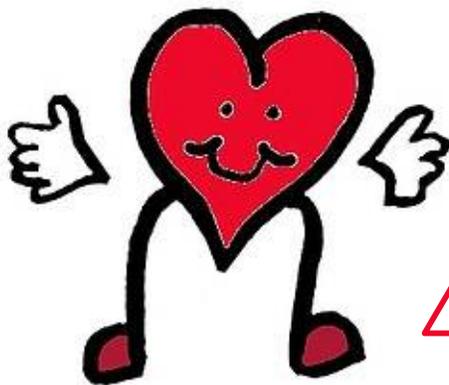
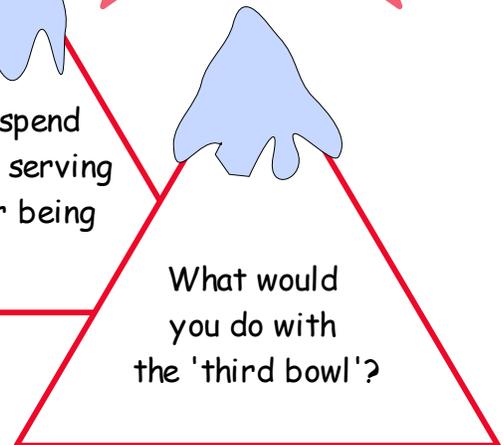
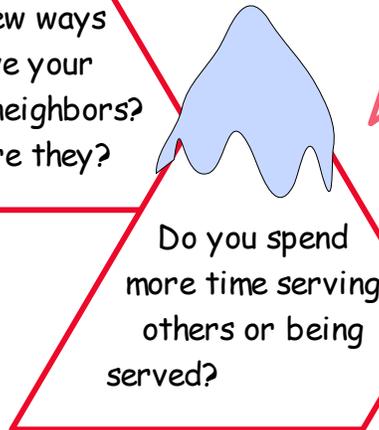
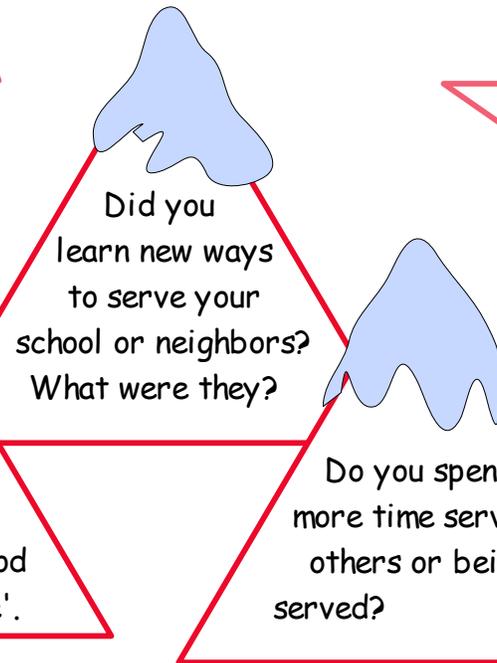
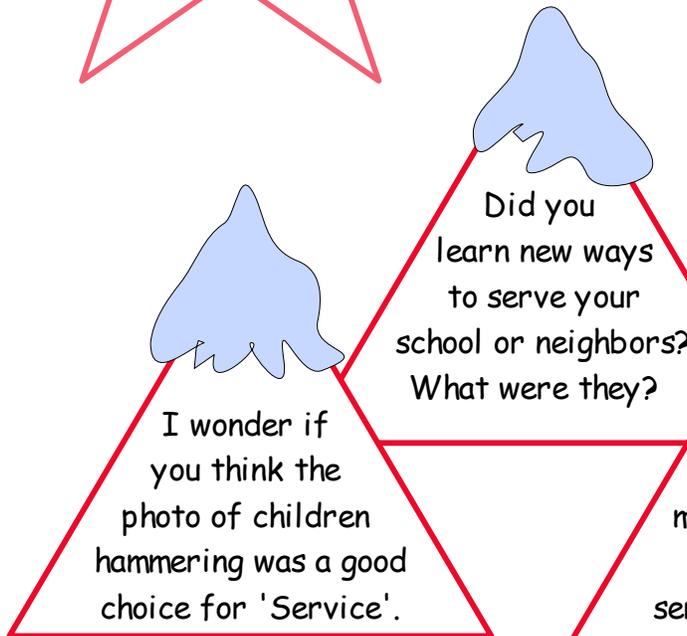
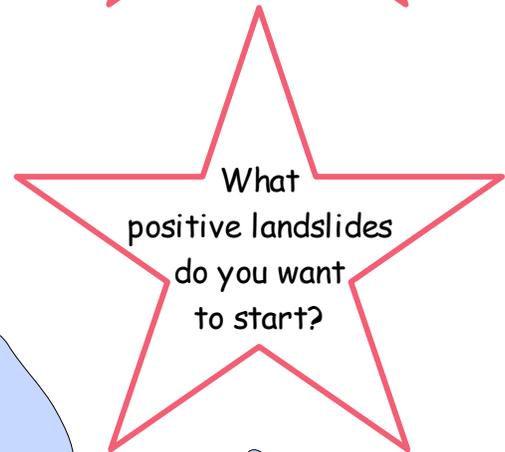
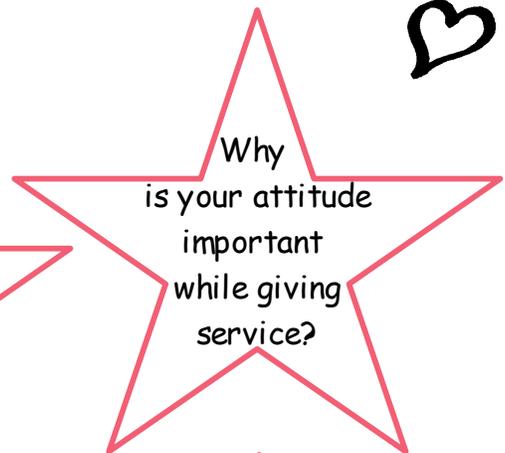
At noon I lost a thing I dearly love:
my "good day" used to fit me like a glove.
I got so used to seeing it each day
I missed it when it simply went away.
It made me wonder, so I asked to know,
"When it leaves me, where does my good day go?"

Did it have someone else to serve but me?
Like saving kittens stuck high in a tree?
Did it read to the children at my school?
Or rake the leaves to help old Mrs. Jewel?
Did it coach basketball at Father's gym
or help the food bank put the new shelves in?

The answer came to me as I got home.
A man from Mother's work called on the phone.
He'd been so sick but now he called to say
at noon his sickness simply went away.
A thought came to my mind right then and there:
my good day must have felt the need to share.

It seems my good day took a break from me
to spend some time with this man's family.
It volunteered to make his children smile
who hadn't done so in the longest while.
So next time I won't worry since I know
the kind of place a good day just might go.

Instant Replay for Service:



Word Bank answers:

- 1 shine wide
- 2 question others
- 3 ways all times
- 4 bring keep
- 5 minute think
- 6 candle darkness
- 7 life purpose happy