

# Reach Out



## FINDING YOUR PLACE IN THE COMMUNITY

### Week 4: Service

The heart of *Reach Out* is service, and the way to become a valued part of a community is through serving others. Service can be defined as working to meet the needs of another person, but there's more to establishing a serving mindset than just bowing to other people's every whim.

First, consider a well executed improv scene. Both actors are focused on making the other actor look good on stage. They take turns setting up moment for the other person to get a laugh, and as a result, the scene is hilarious and authentic. On the other hand, a bad improv scene might happen when both actors are trying to hog the scene, dragging it back and forth as they want it to go instead of working together. The scene would look confused and disconnected, and both actors would look bad. The same is true in life. If we work to make the lives of those around us better, then they will most often do the same in return, and life can be enjoyable.

The second part to developing a heart for service is to understand what talents and abilities you have to offer. Not every person is meant to fix broken computers or build houses for the homeless. Each person has a set of skills that are unique and can be used to serve a purpose. As a teenager, you are probably still working to figure out your skills, but I'll bet you already know a few of them. Typically, your talents are the things you enjoy doing - acting, designing things, sewing, making music, writing. Each of these skills can be used in service to other people. When these parts come together, we create something that is bigger than the sum of the parts. In theatre, we call this ensemble, but in life, it's called service.

*"The best way to find yourself is to lose yourself in the service of others." - Mahatma Gandhi*

### Challenge: Service

Think about the skills and talents you possess. How can you use those skills to meet the needs of someone you encounter? How can you use your skills to make someone's life better? Think beyond just entertaining them - although that is still service. Your challenge this week is to **reach out to someone you don't know and offer them your service in some way**. Help make their day easier. Then challenge yourself to do at least one act of service every day. Eventually, service will become second nature to you, and everything you do will be in service. You will be amazed at the opportunities that will arise for you when you show a willingness to serve.