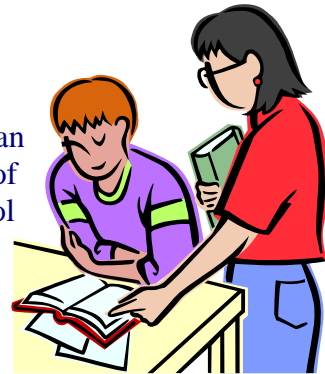


MANY HANDS MAKE LIGHT WORK

It's an old saying, but it's a good one. As the fall Christian Education season approaches, let's focus on the stewardship of time...time spent in volunteering – perhaps in the Sunday school classroom. For those of you who need convincing, volunteering doesn't just make you feel good, it increases mental alertness and body strength too!



Volunteering provides a new purpose in life, lowers blood pressure and improves heart health. Almost half (42%) of America's volunteers are over 55 years of age, and they'll all tell you it keeps their weight under control and their memory sharp. Another feel-good result of volunteering is an overall sense of youthfulness. Here's another good old saying: A body in motion stays in motion; a body at rest stays at rest. The sheer physical movement of volunteering is a bonus to those who would otherwise lead a sedentary lifestyle. And after a good volunteering "workout", other tasks become easier too.

Research shows that volunteering significantly lowers the incidence of depression and raises positive self esteem and feelings of accomplishment – not to mention, how important it is in the lives of those you're helping.

Volunteers are more likely to learn new things from helping out and seek out memory-building games like crossword puzzles which in turn lower the risk of dementia. Volunteering may actually help keep other ailments away too. If volunteering reduces stress, it stands to reason then, that the volunteer will have less stress-related diseases.

A 2005 Stanford University study found that people who volunteer live longer than those who don't. So get involved! Look for something you would love to do – you'll stick with it longer and have more fun. Do something different – You don't have to be a professional; you just have to want to help. If there's not a current need at your church (hard to believe possible), talk with your pastor or use your computer to find places that are looking for help. Then before you get started, do some research. Find out what the specific tasks are and how long you'll be needed. Take a friend with you! After all, many hands really *do* make light work.

The Stewardship Foundation is looking for volunteers. If you're interested, please contact the Rev. Phyllis M. Bowers, Executive Director (1-877-619-5974)