

Focus for Day 57 , March 27: I SERVE OTHERS

“ I was hungry, and you fed me. I was thirsty, and you gave me a drink. I was a stranger, and you invited me into your home. . . I tell you the truth, when you did it to one of the least of these my brothers and sisters, you were doing it to me!” Jesus, (Matthew 25: 35-40)

It is easy to help people who are polite and express appreciation for acts of kindness. But am I willing to support the “hardest to serve” populations? You know, the really annoying ones.

My service might appear small, such as leaving a student or staff lounge cleaner than I found it. Or, I welcome a refugee into my community. Acts of service, both big and small, add up to enrich our world.

Reflection Questions:

- ❖ How can I be of service without being patronizing? Or judgmental?
- ❖ How open am I to serving others, especially those who annoy me?
- ❖ With a generous heart, what are simple ways I can be of service within my daily life?

Action Step:

I will volunteer at least one hour this week to be of service, especially to: _____

Focus for Day 58 , March 28: I AM A GOOD CITIZEN

“There are two primary choices in life: to accept conditions as they exist, or accept responsibility for changing them.”

Dennis Waitley,

Author of: *The Psychology of Winning*

Rather than complain about the darkness, I light one candle. I do what I can. I commit to be a caring citizen who makes a positive difference wherever I am. I trust that even small actions will add up.

In addition to looking out for the welfare of my extended family, I broaden my empathy to include those in my region, country, as well as globally.

Reflection Questions:

- ❖ How consistently do I vote and actively participate in the democratic process?
- ❖ How do I initiate being a catalyst for positive change?
- ❖ How will I extend my compassion to be a responsible global citizen?

Action Step:

I will call, or write, my elected leaders to advocate for issues that promote greater peace and respect for all, including the environment.

Focus for Day 59 , March 29: I INTERVENE AS NEEDED

“Being an effective bystander means choosing to intervene, speak up, or do something to stop acts of power-based personal violence.”

The Green Dot Strategy Activists

Picture red dots on a computer-generated map symbolizing individual cases of violence, spreading like an epidemic. Each red dot is a choice to tolerate, justify or perpetuate an outbreak by choosing to do nothing.

Now, visualize green dots as a strategy to stop violence. How? Engage bystanders to intervene and to speak up. Harness the power of peer influence and the choices of bystanders to create a cultural shift.

Together, we make our world safer-- one green dot of intervention at a time.

Reflection Questions:

- ❖ As a bystander, in what ways am I a part of the problem or part of the solution?
- ❖ How will I be like a “green dot” to reduce acts of violence by creating safety zones of support?
- ❖ What empowers me to discern what is mine to do and to have the courage to speak and act upon it?

Action Step:

I accept and use my power as a bystander. I intervene to stop bullying and to keep others safe, especially by: _____

Focus for Day 60 , March 30: I AM A WITNESS

“Every time we witness an injustice and do not act, we train our character to be passive in its presence. . .” Julian Assange, Editor of WikiLeaks

I vote with my feet by standing with those who are the most vulnerable. My presence is a witness that they are not alone.

I participate in civic actions to be a witness against crimes against humanity. I speak out publicly on unpopular issues to bear witness for those who have been harmed, or unable to advocate for themselves.

I also am a witness for myself. I affirm what I know to be true.

Reflection Questions:

- ❖ Who is calling me to witness on their behalf?
- ❖ How will I stand up and speak on behalf of others who are being hurt?
- ❖ In what ways do I need to be my own witness?

Action Step:

I am a supportive witness for those who are the most vulnerable. I stand with others by: _____

Focus for Day 61 , March 31: I AM PEACEFUL

“Spiritual Intelligence (or SQ) is the ability to behave with compassion and wisdom while maintaining inner and outer peace, regardless of the circumstances.”

Cindy Wigglesworth, author of “SQ 21” (21 skills for Spiritual Intelligence)

It is easy to feel peaceful and content when things are going fine. However, how well am I able to maintain a peaceful spirit when I am in the midst of troubling situations?

I am inspired by St. Paul’s experience of being in jail when he wrote he had learned to be *“content in all things, no matter what.”* (Philippians 4:11).

I strengthen my Spiritual Intelligence whenever I expand my capacity for inner and outer peace—regardless of what is happening.

Reflection Questions:

- ❖ What is the source of my inner and outer peace?
- ❖ How do I nurture being able to feel peaceful regardless of the circumstances?
- ❖ What supports me to behave with compassion and wisdom in the midst of challenging times?

Action Step:

I will expand my capacity to experience inner and outer peace, especially when:

Focus for Day 62 , April 1: I AM COMMITTED

“Never doubt that a small group of thoughtful committed citizens can change the world. Indeed, it’s the only thing that ever has.” Margaret Mead,
Cultural Anthropologist

I am imperfect and I do not always keep my commitments. However, there are consequences when I do not follow through on my word—to myself and others. I betray trust.

I resolve to learn from my mistakes. I re-commit to working more effectively with others to create positive change.

Reflection Questions:

- ❖ How will I make amends to repair any broken commitments?
- ❖ What will I do differently to be the person others know they can trust to follow through?
- ❖ How will I engage with others, rather than act alone, to support positive changes in the world?

Action Step:

I commit to acting on behalf of compassion and nonviolence. One step I will take is: _____

Focus for Day 63 , April 2: I RELEASE

"If you love somebody, let them go, for if they return, they were always yours. And if they don't, they never were."

Kahlil Gibran, Author of *The Prophet*

Jesus' disciples were frustrated that people were not open to hearing his message. He replied: *"Shake the dust off your sandals and move on."*

Instead of lingering longer, trying to convince someone of my point of view, I let go. I release any attachment to proving that I am right and they are wrong. I bless them and release my agendas.

Reflection Questions:

- ❖ What helps me to recognize when I am stuck and I need to let go?
- ❖ When have I crossed the line from sharing information to trying to convince someone the validity of my position?
- ❖ What helps me to release and move on?

Action Step:

I release any attachments to proving I am right, especially when I am talking with:
