



THE *Heart* OF THE TRIANGLE

Sharing the vision and supporting the mission of the Triangle area non-profit community.

Raleigh Acts of Kindness Offers Volunteer Opportunities

by Judy Liu, MPH

Have you considered taking part in local volunteer efforts? Raleigh Acts of Kindness held their first event in December, 2016 and some 25 volunteers participated in their organized events in 2017. Raleigh Acts of Kindness brings together the joy of volunteering and the fun of learning and exploring thought provoking and inspiring ideas from ancient civilizations. From walking for autism, making Christmas cards for young patients, baking chocolate chip cookies for families at the Ronald McDonald House, to learning about the ethical foundations of volunteering and the common message of “a better world begins with a better human being,” the goal of Raleigh Acts of Kindness is to promote culture and volunteering as integral activities of a full life.

One example of their volunteer projects is Pen Pals and the Joy of Writing. The goal is to assemble kits that include cards that volunteers have previously decorated by designing a card frame, so children and families can decorate and handwrite a thank you note to someone who has made their day special.

The Beading Buds project focuses on assembling friendship bracelet kits for hospitalized children or for young siblings who wait patiently for the recovery of a loved one. Beading can improve fine motor skills, finger strength and eye-hand coordination. It can prolong attention span, spark imagination and bring a sense of accomplishment and emotional well-being.

Raleigh Acts of Kindness focuses on activities that allow children to experience the “joy of giving.” Tiffany Long, a WakeMed House Manager, tells the story of a sweet 5-year-old girl who made the bracelet for her twin sister since she couldn’t come visit her in the hospital. “When I left her room, she and her mom were smiling ear to ear!” It is stories like this that keep inspiring Liz Warren and her team of volunteers to continue promoting Volunteering and Culture as important parts of life.

Volunteer opportunities are available for participants who are 18 years old and up. Some volunteers participate weekly in Read and Volunteer nights, while others participate in single volunteer events.

In addition to the volunteer activities, Raleigh Acts of Kindness offers the hands-on, fun workshop, “Ethics, Meaning and Value of Volunteering” to help people become better volunteers. Participants in the course discover different civilizations and how our ancestors expressed timeless human values such as compassion, altruism and solidarity. A few of the topics covered are:

- The many different types of generosity
- Karma-Yoga from Ancient India
- Compassion as it is presented in the *Book of the Golden Precepts* from Tibet
- Altruism in the teachings of the Buddha
- Plato’s view of the human being and community

The class meets at the Cameron Village Regional Library.

A Friendship Bracelet Kits Craft Making and Craft Assemble Event will be held August 26, 2018 at 1:30pm. In addition to making friendship bracelets, participants will work together to assemble craft kits for the WakeMed Ronald McDonald House. Please RSVP at the Eventbrite link on the website www.raleighactsofkindness.org

A Read and Volunteer Night to put together craft kits for hospitalized children will be held August 26, 2018 at 7pm. The event will take place at Cameron Village Library. Please RSVP at the Eventbrite link on the website www.raleighactsofkindness.org

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