



Community Service Ideas & Parameters

Community service is work done by a person or group of people that benefits others. It is often done near the area where you live, so your own community reaps the benefits of your work, willingness & time. You do not get paid to perform community service because it is on a volunteer basis only.

Community service can help many different groups of people: children, senior citizens, people with disabilities, and the disadvantaged. Community service is often organized through a local group, such as a place of worship, school, or non-profit organization, but you can also start your own community service projects.

There are numerous benefits to participating in community service, both for yourself and others. **Below are some of the most important benefits of volunteering:**

- Gives you a way to help others
- Helps improve your community
- Research reveals volunteering leads to lower rates of depression and anxiety
- Reduces stress and increases positive, relaxed feelings which leads to physical health benefits
- Promotes a sense of meaning and purpose
- Offers a great way to meet new friends and form/build new relationships
- Results in personal growth
- Most importantly, as Christ-Followers, we are called to serve. When we say, "Yes" to Jesus, as we grow in Christ through prayer, study and gathering with the Body weekly, our heart for others also grows. Jesus changes our hearts so that we can be a light for Him in our communities so that others may know him. Matt 5:16, Matt 25:44-45, Luke 3:10-11, James 2:14-17, Deut 15:11, 1 John 3:17, Luke 12:33, Acts 20:35, Mark 10:45, Isaiah 58:10-12

Some things to consider when choosing a Community Service project to become involved in:

- **Who would you like to help?** Kids? Teens? Adults? Elderly?
- **Do you want a reoccurring Community Service activity involving some level of commitment or just participate in sporadic service opportunities?**
- **Do you want to participate in community service activities that have a quantifiable impact?** For example, activities where you know the specific number of kids you tutored, dollars you raised, or cans of food you collected. Some people prefer quantifiable activities because they simply enjoy knowing their exact impact on the community.
- **What interests, skills & talents do you have?** Carpentry, sewing, landscaping, art, painting, gardening, cooking, organizing, cleaning, etc. We all have interests, skills & talents that we are blessed with. Let's use them to impact our community for Christ!

There are TWO ways to choose service opportunities during our 5-year 5/5/5 Community Impact effort:

1. Choose from the list of service opportunities in the *Helper Helper* app
2. Add an **approved** service opportunity (not already listed) to the *Helper Helper* app

Parameters for choosing a RECORDABLE Community Service Project (if NOT listed in the *Helper Helper* App):

- The service opportunity must be at least 1 hour in length with no maximum time limit.
- Volunteering on Sunday morning/Sunday evenings at HBCC does not count toward the 5/5/5 goals. We have been challenged to serve above and beyond our normal volunteer/service roles within the Body.
- The service opportunity must benefit humans. While animal and environmental service opportunities are very important, HBCC is focusing its efforts on serving other PEOPLE since that was Jesus' focus while on earth.
- The service opportunity must be located in Beaufort County. Of course, service opportunities are everywhere and by all means, where there's an opportunity and you are willing and able, go for it!! However, for the purpose of accomplishing the goals of 5/5/5, we want the RECORDABLE service opportunities to impact our LOCAL community which is Beaufort County.
- The 5/5/5 Leadership Team must monitor and approve any group or nonprofit organization not listed in the *Helper Helper* app prior to the RECORDABLE service opportunity. This will ensure that the group/organization's values align with Biblical standards and values that HBCC upholds and represents. Please contact one of the 5/5/5 Leadership Team members for a quick evaluation of the group/organization that you would like to help.

The bottom line...if there's a community service opportunity that is **not** listed in the *Helper Helper* app and you would like to serve, and have that time recorded, feel free to contact one of the 5/5/5 Team Members for evaluation and approval so that you are able to add it to the app.

Community Service Examples

General Ideas

- Organize a community blood drive
- Hold a bake sale for your favorite local charity
- Read books or letters to a person who is visually impaired
- Organize a wheelchair basketball team
- Participate in a local charity race
- Volunteer to help at a local charity auction
- Contact a tree farm about donating Christmas trees to nursing homes, hospitals, or to families who can't afford to buy their own
- Organize a car wash and donate the profits to local charity
- Help deliver gifts to patients at a local hospital

Helping Children and Schools

- Tutor children during or after school
- Organize a Special Olympics event for children and teenagers
- Knit or crochet baby blankets to be donated to hospitals or homeless shelters
- Volunteer at Kid's summer camp

- Sponsor a bike-a-thon and give away bike safety gear, like helmets and knee pads, as prizes
 - Coach a youth sports team
 - Give free music lessons to schoolchildren
 - Become a volunteer teen crisis counselor
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Helping Senior Citizens

- Read to residents at a nursing home
 - Deliver groceries and meals to elderly neighbors
 - Drive seniors to doctor appointments
 - Mow an elderly neighbor's lawn
 - Host a bingo night for nursing home residents
 - Organize a family day for residents of a retirement home and relatives to play games together
 - Perform a concert or play at a senior center
 - Help elderly neighbors clean their homes and organize their belongings
 - Rake leaves, shovel snow, or wash windows for a senior citizen
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Helping the Hungry and/or Homeless

- Build a house with Habitat for Humanity
- Volunteer at a soup kitchen
- Host a Thanksgiving dinner for people who may not be able to afford their own
- Offer to babysit or nanny for a family in need
- Make "care kits" with shampoo, toothbrushes, combs, etc. to donate to homeless shelters
- Help repair or paint a local homeless shelter
- Babysit children while their parents look for jobs
- Organize a winter clothes drive to collect coats, hats, scarves, and gloves to be donated
- Make first aid kits for homeless shelters