

When we honestly ask ourselves which person in our lives means the most to us, we often find that it is those who, instead of giving much advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a gentle and tender hand. The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing and face with us the reality of our powerlessness, that is a friend who cares..

*Submitted on January 16, 2006 by Mercy Mission Kenya*

**Silence equals nonexistence. If I don't raise my voice, it's like I never existed. -**

*Margaret Cho - Comedienne Revolution*

*Submitted on 4 February 2005 by Jennifer Smerud*

**Do all you can with what you have, in the time you have, in the place you are.**

- Nkosi Johnson, a Zulu boy, born into dire poverty while also being infected with AIDS, who died at the age of 12. Found in Jim Wooten's new book, "We Are All the Same: A Story of a Boy's Courage and a Mother's Love."

*Submitted on 4 December 2004 by Ed Madara, Director, American Self-Help Group Clearinghouse, USA*

**A VOLUNTEER** is a person who is a light to others, giving witness in a mixed-up age, doing well and willingly the tasks at hand-namely, being aware of another's needs and doing something about it.

**A VOLUNTEER** is a person who remembers to do the thing to make other people happy, who takes the loneliness out of the alone by talking to them, who is concerned when others are unconcerned, who has the courage to be a prophet and to say the things that have to be said for the good of all.

**A VOLUNTEER** is a person whose charity is fidelity, who is faithful in an unfaithful world, grateful in an ungrateful world, giving when all about are grasping, listening when others need to tell about their fears and problems. - from "The Beacon," newsletter of Birthrite, South Africa

*Submitted 18 November 2004 by Marjorie Moore, Minds Eye Information Service, Belleville, IL*

**Paul Revere earned his living as a silversmith. But what do we remember him for?** His *volunteer* work. All activism is volunteering in that it's done above and beyond earning a living and deals with what people really care passionately about. Remember, no one gets *paid* to rebel. All revolutions start with volunteers. - *Susan J. Ellis*  
*Posted 16 November 2004 by request of a workshop participant who heard Susan say this and wanted it shared.*

**Success in life has nothing to do with what you gain in life or accomplish for yourself. It's what you do for others. - Danny Thomas**

*Submitted on 15 November 2004 by Jack Gomez, Girl Scouts of Shagbark Council, Illinois*

**At the end of our life our questions are simple: Did I live fully? Did I love well? -**

*Jack Kornfield*

*Submitted on 2 November 2004 by Caitlin Rohrer, Girl Scouts - Trillium Council, Pennsylvania*

**If you insist on measuring yourself, place the tape around your heart rather than your head. - Carol Trabelle**

*Submitted on 2 November 2004 by Caitlin Rohrer, Girl Scouts - Trillium Council, Pennsylvania*

**The highest reward for a person's work is not what they get for it, but what they become because of it. - John Ruskin**

*Submitted on 2 November 2004 by Caitlin Rohrer, Girl Scouts - Trillium Council, Pennsylvania*

**There are many wonderful things that will never be done if you don't do them. -**

*Charles D. Gill*

*Submitted on 2 November 2004 by Caitlin Rohrer, Girl Scouts - Trillium Council, Pennsylvania*

**Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in.**

*Submitted on 26 October 2004 by Marjorie Moore, Minds Eye Information Service, Belleville, IL, USA*

**Don't ever question the value of volunteers. Noah's Ark was built by volunteers; the Titanic was built by professionals.**

*Submitted on 8 September 2004 by Dave Gynn, Coleman Professional Services, Ohio, USA*

**To serve, not to be served.**

--The charge to service for AARP members from Dr. Ethel Percy Andrus, AARP founder

*Submitted on 6 September 2004 by Carolyn Hunter, ASD, AARP Utah, USA*

**Too often we under-estimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around. -- Dr. Felice Leonardo Buscaglia**

*Submitted on 12 August 2004 by Marjorie Moore, Minds Eye Information Service, Belleville, IL, USA*

**No person was ever honored for what he received. Honor is given by what he gave. -- Calvin Coolidge**

*Submitted on 7 July 2004 by Joe Hammontree, 4-H AmeriCorps VISTA, Shiawassee MSU Extension, Michigan, USA*

**You make a living by what you get, but you make a life by what you give. --**

*Winston Churchill*

*Submitted on 17 June 2004 by Elise Slobodin, Planning Executive, UJA-Federation, New York USA*

**If you have come to help me, you are wasting your time. But if you have come because your liberation is tied up with mine, then let us work together. -- Lill**

*Watson, aboriginal activist*

*Submitted on 15 June 2004 by Keith Goheen, Volunteer Coordinator, First State Community Action Agency, Delaware USA*

**It is only through the eyes of others do you see yourself. It is only through the work of your own do you find the difference in others.**

*Submitted on 9 June 2004 by Foo Ji-Wei, Volunteerism Through Oneself, Nanyang Technological University, Welfare Services Club, Singapore*

**Being a man or a woman is a matter of birth. Being a man or a woman who makes a difference is a matter of choice.**

*--Byron Garrett, staff member of Arizona's Governor*

*Submitted on 26 May 2004 by Nicolette Ryan, Volunteer Coordinator, Central Arizona Shelter Services, Phoenix, AZ*

**It's easy to make a buck. It's a lot tougher to make a difference.**

*-- Tom Brokaw*

*Submitted on 16 April 2004 by Cathie Waugh, Volunteer Coordinator, Habitat for Humanity, Colorado*

**Which is more subversive—and corrosive—to believe in altruism or to see it simply as a cloak of self interest?** Even if altruism did not exist, it would be necessary to believe in it. Pessimists in power are prone to despotism.

*-- Frank Prochaska in *Schools of Citizenship: Charity and Civic Virtue*, Civitas: Institute for the Study of Civil Society, London, 2002.*

*- submitted 25 March 2004 by Susan Ellis*

Free **Quotation Postcards** can be sent from The Giraffe Project's motivating Web site at <http://www.giraffe.org/postcards.php>. Also, the Foundation Center has a list of sites in answer to the FAQ, "Where can I find online quotations regarding the value of philanthropy?" See: <http://fdncenter.org/learn/faqs/html/quotes.html>

*Posted on 25 March 2004 by Susan Ellis.*

**To laugh often and much;** to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty; to leave the world a bit better whether by a healthy child, a garden patch or a redeemed social condition; to know that even one life has breathed easier because you have lived.

This is to have succeeded.

*--Ralph Waldo Emerson*

*Submitted on 14 Feb 2004 by Fiona Dawe, Executive Director, YouthNet, London, England*

**The Winds of change shall not discourage the volunteer.**

*--Lorna Wilson*

*Submitted by self, Ontario Agri-Food Education Inc., Ontario, Canada*

**Those who say it cannot be done should not interrupt the person doing it. -**

**Chinese Proverb**

*Submitted by Alane Hill, Project Director, Friends Foster Grandparent Program New Hampshire, USA, 10 Nov 2003*

**If you want to build a ship, don't drum up the women and men to gather wood, divide the work, and give orders. Instead, teach them to yearn for the vast and endless sea.** -Antoine de Saint-Exupery, *The Wisdom of the Sands*  
(quoted at the end of an e-mail from Georgean C. Johnson-Coffey)

**The heart of a volunteer is not measured in size, but by the depth of the commitment to make a difference in the lives of others.** -- *DeAnn Hollis*  
Submitted by DeAnn Hollis

**Throughout your life, there is a voice only you can hear.** A voice which mythologists label "the call." A call to the value of your life. The choice of risk and individual bliss over the known and secure.

You may choose not to hear your spirit. You may prefer to build a life within the compound, to avoid risk. It is possible to find happiness within a familiar box, a life of comfort and control.

Or, you may choose to be open to new experiences, to leave the limits of your conditioning, to hear the call. Then you must act.

If you never hear it, perhaps nothing is lost. If you hear it and ignore it, your life is lost.  
--*Jennifer James*  
Submitted by Debra English, Volunteer Coordinator, HealthPartners, Minnesota, USA

**The broadest, and maybe the most meaningful definition of volunteering: Doing more than you have to because you want to, in a cause you consider good.**  
-*Ivan Scheier* ([from Building Staff/Volunteer Relations](#))  
Submitted by Claudia Collier, Director, Volunteer Center of the YMCA, Mankato MN, USA

**We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop.**  
- *Mother Theresa*  
Submitted by Jenni, Michigan

**It is one of the beautiful compensations of life, that no man can sincerely help another without helping himself.**  
-- *Ralph Waldo Emerson*  
Submitted by Dominica Larkin, Volunteer Coordinator, The Duke of Edinburgh's Award, Canada

**To the world you may be one person, But to one person you may be the world.**  
-- *Anonymous*  
Submitted by Amanda Hughes, Community Involvement Assistant

**Your hands may be empty but your heart is full.**  
--*Unknown*  
Submitted by Dee Smith, Texas

**Let ... individuals make the most of what God has given them**, have their neighbors do the same, and then do all they can to serve each other. There is no use in one man, or one nation, to try to do or be everything. It is a good thing to be dependent on each other for something, it makes us civil and peaceable.

--Sojourner Truth (c. 1797-1883), African American suffragist and abolitionist. As quoted in *History of Woman Suffrage*, appendix—ch. 19, by Elizabeth Cady Stanton

Submitted by Lois Gaetz, Director, St Cloud Area Faith in Action, MN/USA

**I shall pass through this world but once.** Any good therefore that I can do or any kindness that I can show to any human being, let me do it now. Let me not defer or neglect it, for I shall not pass this way again. - *Mahatma Gandhi*

**If you can't go where people are happier**, try to make people happier where you are.  
- Ashleigh Brilliant

**Let us not love with words or tongue** but with actions and in truth. - I John 3:18

**Better one friend with a dish of food** than a hundred with a sigh. - Yiddish proverb

**The deeds you do** may be the only sermon some persons will hear today. - Saint Francis of Assisi

Submitted by Mike Corbin, Membership Chair, Metropolitan Detroit Volunteer Administration Network MI

**Everyone can be great, because everyone can serve.**

*Martin Luther King, Jr.*

-- Submitted by Pamela Morse, Member Services Coordinator, AmeriCorps Alums, Washington, DC

**Unless someone like you cares a whole awful lot. Things aren't going to get better, they're NOT!**

-- *Dr. Seuss, The Lorax*

Submitted by Sue Nelson, Agency Relations Director, Volunteer Jacksonville, Inc., Jacksonville, FL

**You have not lived until you have done something for someone who can never repay you.**

--*unknown*

Submitted by Lisa Clegg, Coordinator, M.O.V.R.C. Foster Grandparents Program, West Virginia, USA

**They don't care how much you know, until they know how much you care.**

Submitted by Desire'e Larson, Women's Way, North Dakota Breast and Cervical Cancer Early Detection Program, ND/USA

**I'm in the business of loving the hell out of people** - *Mother Waddles*

**First say to yourself what you would be; and then do what you have to do** -

*Epictetus*

**Be ashamed to die until you have won some victory for humanity** - *Horace Mann*

**The mode in which the inevitable comes to pass is through effort** - *Oliver Wendell*

*Holmes*

**I hate quotations - Ralph Waldo Emerson**

Submitted by Mike Corbin, Membership Chair, Metropolitan Detroit Volunteer Administration Network, Michigan

*A verse to start community meetings:*

**"A healthy social life is found only, when in the mirror of each soul the whole community finds its reflection, and when in the whole community the virtue of each one is living."**

*--Rudolf Steiner, Austrian Philosopher and Scientist*

Submitted by Sybille B. Hahn, Executive Director, CANES Home Support Services, Toronto, Ontario, Canada

**Most of us in volunteer programs now realize that those 1000 points of light of George Bush #1 are really 500 candles burning at both ends and the only thing to trickle down from Reganomics was budget cuts.**

*--self & good friend Margaret*

Submitted by Nita Moser, Volunteer Coordinator, Battered Women's Project, Maine

**"Put yourself in someone's shoes" is a common phrase. But it is not a common thing that we do everyday. We are, most of the time, self-centred. Especially in this modern, fast-paced life. It is only when we stop for a moment and give our time to others, that we realise the true meaning of empathy.**

*--The word "empathy".*

Submitted by Abdul Manan Bin Hassan, ASP, PRIS DEPT, Changi, Singapore

**He who does nothing for others does nothing for himself**

*--Goethe*

Submitted by Susan E. Koch, Luther Crest Vol. Dir., PA.

**I don't know what your destiny will be, but one thing I do know: The only ones among you who will be really happy are those who have sought and found how to serve.**

*--Albert Schweitzer*

Submitted by Deborah Stroup, Coordinator of Volunteers, Wolfner Library for the Blind and Physically Handicapped, MO

**Life is never so busy that there is no time to serve.**

Submitted by Sharon Tan, , Singapore

**Volunteerism is the voice of the people put into action. These actions shape and mold the present into a future of which we can all be proud.**

*--Helen Dyer*

Submitted by Helen Dyer, Parks Funding and Volunteer Coordinator, Teller County, CO Division of Parks, Colorado, USA

**We are all like one-winged angels. It is only when we help each other that we can fly.**

*--Luciano de Crescenzo*

Submitted by Lori Ropa, American Water Works Association, Denver, CO USA

**I am a recipient of unconditional love, I am a volunteer**

*--Shanterra McBride, Educational Director at the Empower Program in Washington DC*

Submitted by Talisha McClaney, Volunteer Coordinator- LPH, Texas

**"A civilization flourishes when people plant trees under which they will never sit."**

*--Greek Proverb*

Submitted by Judy Gross, Volunteer Coordinator, Central Blood Bank of Pittsburgh, Pennsylvania, USA

**"One of the things I keep learning is that the secret of being happy is doing things for other people. "**

*--Dick Gregory*

Submitted by Linda Hutchinson, Volunteer Coordinator, Victim Services Program, Mountain Comprehensive Care Center, Kentucky USA

**"Destiny is not necessarily what we get out of life, but rather, what we give."**

*--Cary Grant*

Submitted by Diego Ojanio Franco, Chairman, The Cedarwork Project, Inc., Quezon City, Philippines

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

*--Ghandi*

Submitted by Jackie Lonning, Co-VP of Scheduling, Student M.O.V.E. (Mobilizing Outreach Volunteer Efforts), Storm Lake, IA, USA

**Knowing is not enough; we must apply. Willing is not enough; we must do.**

*-- Goethe*

Submitted by Dorman Stanley, CONTACT Lubbock, Texas

**Some people see things as they are and say 'why', I look at things that never were and say 'why not'.**

*--Robert F. Kennedy*

Submitted by Emma, North Carolina, USA

**Help me help us.**

*--inspired by other reflections listed here.*

Submitted by HYPERResource, founding honest character, HONESTe, a realtime culture movement, California, San Luis Obispo

**The True Rose of Love can only be found in the heart.**

*--Lectorium Rosicrucianum*

Submitted by J.v.d.Snepscheut, Zonnehuisgroep, Soesterberg NL

**Good ideas remain ideas - unless we act upon them.**

*--Me!*

Submitted by Andy Fryar, Vice President - Volunteering Australia, Australia

**It is better to shoot for the moon and miss, than shoot for nothing and hit it.**

--*Reverend Eloise Page, Casadaga, Florida*

Submitted by Abby Walters, President, Flying Turtle Enterprises, Inc., Florida

**Far better it is to dare mighty things, to win glorious triumphs,  
even though checkered by failure, than to take rank with those poor spirits who  
neither enjoy much nor suffer much,  
because they live in the gray twilight that knows not victory or defeat.**

-- *Theodore Roosevelt*

Submitted by Robin Popik, City of Plano Volunteer Program, Texas USA

**When it comes to helping you, some people stop at nothing.**

-- *Unknown*

**Every society honors its live conformists and its dead troublemakers.** -- *Mignon  
McLaughlin*

**Don't wait for the last judgement - it takes place every day.**

-- *Albert Camus*

**To keep a lamp burning we have to keep putting oil in it.**

- - *Mother Teresa*

**You can't build a reputation on what you are going to do.**

-- *Henry Ford*

**Noble deeds and hot baths are the best cures for depression.** -- *Dodie Smith*

Submitted by Mike Corbin, Volunteer Services Director, MI

**The most pathetic person in the world is someone who has sight, but has no vision.**

--*Helen Keller*

Submitted by Raven Alexander, Student Director, Florida Atlantic University Volunteer Center, Florida

**All we have in this world is each other. Life is meant to be shared.**

--*Patricia A. Chambers*

Submitted by Patricia A. Chambers, Director of Volunteer Services, St. Mary's Hospital , Huntington, WV, USA

**A man never stands as tall as when he kneels to help a child.**

--*Knights of Pythagoras*

Submitted by Tara Huxley , Camp Director Boys and Girls Club Community Services of Calgary, Alberta, Canada

**It is believing in what you do, no matter in which aspect, that makes every moment fulfilling.**

--Self

Submitted by Fiona Chia, , Singapore

**The greatest virtues are those which are most useful to other people.**

--*Aristotle*

Submitted by Marilyn Gitsidis, Program Assistant, Seniors Support Services, Hellenic Home for the Aged, Toronto, Ontario, Canada



**If your heart is full, it shouldn't matter if your pockets are empty.**

*--Karen Dawson, Volunteer at Clay Elementary School Clay, WV*

Submitted by Beth Anderson, AmeriCorps\*VISTA, West Virginia

**We must be the change we wish to see.**

*--M.K. Gandhi*

Submitted by Brian Cugelman, IYV Webmaster, UNV , Germany

**You can't leave footprints in the sands of time while sitting down.**

*--Nelson Rockefeller.*

Submitted by Mary St. John, Grants Admin., Pets & People Humane Society, Inc., Oklahoma USA

**The significant problems we face cannot be solved at the same level of thinking we were at when we created them.**

*--Albert Einstein*

Submitted by Jill C. Howland, ,

**You've got to think about 'big things' while you're doing small things, so that all the small things go in the right direction.**

*--Alvin Toffler*

Submitted by David Ontonovich, CDHVS, National Coordinator, Volunteer Resources - Canadian AIDS Treatment Information Exchange, Toronto, ON - CANADA

**Past the beggar and the suffering walk he who asks, 'Why, oh God, do you not do something for these people?' To which God replied, 'I did do something, I made you.'**

*--old Sufi saying*

Submitted by Mike Corbin, Volunteer Services Director, Lutheran Social Services of Michigan, Michigan, USA

**A civilization flourishes when people plant trees under whose shade they will never sit.**

*--Greek Proverb*

Submitted by Michelle C. Jurjavcic, Volunteer Coordinator, Bill Wilson Center, Santa Clara, CA

**Serving humanity is like giving life to the lifeless.**

*--Self*

Submitted by Ivy Nagarajan, Vice-President, Inner Wheel Club of Meenambakkam, IW District 323., Madras, Tamil Nadu, South India

**The people who appreciate others are themselves to be appreciated.**

*--Self thought*

Submitted by Ashish Mahajan, CEO,Puranjay's Powertech, Chandigarh,Punjab,India

**As many arrows, loosed several ways, come to one mark...so many a thousand actions, once afoot, end in one purpose.**

*--William Shakespeare Henry V, Act I, Sc.2*

Submitted by Sue Smith, Great Works Regional Land Trust, ME

**The greatest good you can do for another is not just share your riches, but reveal them to their own.**

*--Benjamin Disraeli*

Submitted by Rachel Edmunds, Field Officer (Youth Volunteering); Bedfordshire Rural Communities Charity, Bedfordshire, England

**Whatever you do may seem insignificant, but it is most important that you do it.**

*--M. Gandhi*

Submitted by Douglas Eggleston, Director, Emergency Services - American Red Cross, VA - USA

**You have to become involved to make an impact. No one is impressed with the won/loss record of the referee.**

*--John Holcomb*

Submitted by Sue Staggs, State Director, Tomorrows Leaders Today, Texas, USA

**There are three kinds of people: Those who make things happen, those who watch things happen, and those who say, 'what happened?'**

*--Casey Stengel*

Submitted by Sue Staggs, State Director, Tomorrow's Leaders Today, Texas, USA

**There are only two rules to change: One is to begin; the second is to continue.**

*--unknown*

Submitted by Sue Staggs, State Director, Tomorrow's Leaders Today, Texas, USA

**People don't care how much you know, unless they know how much you care.**

*--Anonymous--Service Learning Manual*

Submitted by Donna Borges, , Canby, OR,, USA

**One hand alone does not clap.**

*--Arab Proverb*

Submitted by Christie, Volunteer Coordinator, Edmonton, Alberta, Canada

**Be honest, be real - people respect you for that.**

*--Self*

Submitted by Augusto Gomes, , Canada

**How many people did you help make happy today? Was one of them you?**

*--self - after a long day*

Submitted by Sherry Whitlow, Volunteer Coordinator, Arthur Edwards Elementary School, North Carolina

**Here is a test to find whether your mission on earth is finished: if you are alive, it isn't.**

*--Richard Bach*

Submitted by Mike Corbin, Volunteer Services Director, Lutheran Social Services of Michigan, Michigan, USA

**It's good to be blessed. It's better to be a blessing.**

Submitted by Kathy Carter, Volunteer Coordinator of Foster Care Citizen Review of Palm Beach Conty, West Palm Beach, FL

**Make the most of yourself, for that is all there is of you.**

--- *Emerson*

Submitted by Linda Steed, Volunteer Coordinator, Long Term Care Ombudsman Program, Shawnee Alliance for Seniors, Carterville, IL

**I have an almost complete disregard of precedent, and a faith in the possibility of something better. It irritates me to be told how things have always been done. I defy the tyranny of precedent. I go for anything new that might improve the past.**

--*Clara Barton*

Submitted by John Richards, Aquinas College, Perth, Australia

**I have the audacity to believe that people everywhere can have three meals a day for their bodies, education and culture for their minds, and dignity, equality and freedom for their spirits. I believe that what self-centered people have torn down, other-centered people can build up**

--*Martin Luther King*

Submitted by John Richards, Aquinas College, Perth, AUSTRALIA

**Live as if you were to die tomorrow. Learn as if you were to live forever.**

--*Mahatma Gandhi*

Submitted by Devi Singh, , India, AP (Hyderabad)