Reflection Ideas

You may choose to focus your reflection activities on the issue area that your project addresses. Here are some ideas for questions related to some of today’s biggest issues:

**HIV/AIDS**
- How can we as individuals, as well as our community, state and country, be more effective in addressing the needs of people living with HIV and AIDS?
- What is the one thing that you would want to know about HIV and AIDS from people who are living with the virus? How would you use that information?

**Animals**
- Had you ever considered homeless animals before your service today?
- Were you surprised by the number of homeless animals you saw?
- What do you think that we can do to reduce the number of homeless animals?

**Arts & Sciences**
- As of 1996, 43 states required two years of science to graduate from high school. Thirteen states required three to four years. What is the impact of that choice?
- According to the College Entrance Examination Board, students of the arts continue to out-perform the non-arts peers on the SAT. With this in mind, what is the best way to support arts education?

**Children & Teens**
- Many students read under grade level. Why is this an important indicator for our community’s future?
- What is your perception of how childhood changed since you were a child? Is it better or worse?

**Conservation**
- How do you define recycling?
- Do you recycle in your home? Does your apartment complex, job or school recycle? Should you initiate a recycling program?

**Disability Services**
- What are the everyday obstacles face people with disabilities? What can you do to help alleviate those obstacles?
- A disability is a functional limitation that interferes with a person’s ability to walk, hear, talk, or learn. If you lived with one of those disabilities how would your morning routine differ?

**Family & Women’s Services**
- Every nine seconds a woman is battered in the United States; Domestic violence is the leading cause of injury to women between the ages of 15-44, each year an estimated 3.3 million children witness their mothers or female caretakers being abused every year.
- How did your work today help address some of these issues?

**Homelessness & Meal Service**
- The average age of a homeless person in the United States is nine years old? How does this impact our town?
- If you could ask one question of a homeless/hungry person, what would you ask? How would you use that information to contribute to the solution?

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**Housing Revitalization**
- What are the possible solutions for those who cannot afford safe quality housing?

**Literacy/Refugees & Immigrants**
- When you think of “literacy” what is your immediate opinion? Did this project have an impression on your opinion?
- Have you ever been in an environment where English was not the primary language? What challenges did you face? If not, imagine what it would be like to live in a place where you could not read signs or newspapers?

**Senior Care**
- Ask a few volunteers to offer a personal story about an elder who has had a significant impact on their life. This could be someone they once met who shared a bit of wisdom, a close friend, a relative or a role model. What significant impact did this senior person make in your life?
- What is the difference between a nursing home and an assisted living facility? Do you have a different perspective now of what it is like to live in one of these facilities?

**Technology**
- How does technology enhance education? What ways can we use technology as an educational tool?

Another reflection option is to use quotes. Here are quotes related to service and community issues:

**Service**
But recognize that he who is greatest among you shall be your servant. (Amen) That's a new definition of greatness. And this morning, the thing that I like about it: by giving that definition of greatness, it means that everybody can be great, (Everybody) because everybody can serve. (Amen) You don't have to have a college degree to serve. (All right) You don't have to make your subject and your verb agree to serve. You don't have to know about Plato and Aristotle to serve. You don't have to know Einstein’s theory of relativity to serve. You don't have to know the second theory of thermodynamics in physics to serve. (Amen) You only need a heart full of grace, (Yes, sir, Amen) a soul generated by love. (Yes) And you can be that servant. —Dr. Martin Luther King Jr.

No act of kindness, no matter how small, is ever wasted. —Aesop

I was taught that the world had a lot of problems; that I could struggle and change them; that intellectual and material gifts brought the privilege and responsibility of sharing with others less fortunate; and that service is the rent each of us pays for the living—the very purpose of life and not something you do in your spare time or after you have reached your personal goals. —Marian Wright Edelman

Love grows by service. —Charlotte Perkins Gilman

**Discussion Questions:**
- What does hearing these quotes mean to you?
- How do you define service? Acts of kindness?
- Who did we serve today?
- How would you like to serve again?

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Creating Community

Be the change you wish to see in the world. —Mahatma Gandhi.

Now let me suggest first that if we are to have peace on earth, our loyalties must become ecumenical rather than sectional. Our loyalties must transcend our race, our tribe, our class, and our nation; and this means we must develop a world perspective. No individual can live alone; no nation can live alone, and as long as we try, the more we are going to have war in this world. Now the judgment of God is upon us, and we must either learn to live together as brothers or we are all going to perish together as fools.
—Dr. Martin Luther King, Jr.

I am a little pencil in the hand of a writing God who is sending a love letter to the world. —Mother Teresa

Discussion Questions:
- What does hearing these quotes mean to you?
- What change do you wish to see in the world?
- Are we on a path to brotherhood or are we on a path to perish?
- Does your service today, or any other day, transcend race and/or class?

Poverty & Hunger

It’s alright to talk about streets flowin’ with milk and honey, but God has commanded us to be concerned about the slums down here and his children.
—Dr. Martin Luther King, Jr., I’ve been to the Mountain Top speech Memphis, TN April 3, 1968

If you can’t feed a hundred people, then feed just one. —Mother Teresa

If someone needs our help, it is our special duty to provide it to the utmost of our power. —Cicero

If you want to raise a man from mud and filth, do not think it is enough to keep standing on top and reaching down to him a helping hand. You must go all the way down yourself, down into mud and filth. Then take hold of him with strong hands and pull him and yourself into the light. —Solomon ben Meir ha-Levi of Karlin

It is not only what we do, but also what do not do, for which we are accountable.” —Moliere

Let us march on poverty...until no starved man walks the streets of our cities and towns in search of jobs that do not exist. —Dr. Marin Luther King, Jr.

The very development of American society is creating a new kind of blindness to poverty. The poor are increasingly slipping out of the very experience and consciousness of the nation. —Michael Harrington

Discussion Questions:
- What does hearing these quotes mean to you?
- What is your definition of poverty & hunger? What do you understand the causes of poverty & hunger to be?
- Do we have a collective responsibility to work to eradicate poverty & hunger?
**Nonviolence**

I am convinced that love is the most durable power in the world. It is not an expression of impractical idealism; but of practical realism. Far from being the pious injunction of a Utopian dreamer, love is an absolute necessity for the survival of our civilization. To return hate for hate does nothing but intensify the existence of evil in the universe. Someone must have sense enough and religion enough to cut off the chain of hate and evil, and this can only be done through love. Moreover, love is creative and redemptive. Love builds up and unites; hate tears down and destroys. The aftermath of the "fight fire with fire" method which you suggest is bitterness and chaos; the aftermath of the love method is reconciliation and the creation of the beloved community. Physical force can repress, restrain, coerce, destroy, but it cannot create and organize anything permanent; only love can do that. Yes love--which means understanding, creative, redemptive goodwill, even for one's enemies--is the solution to the race problem. Often love is crucified and buried in a grave, but in the long run it rises up and redeems even that which crucifies it. —Dr. Martin Luther King, Jr.

Our Lives begin to end the day we become silent about things that matter. —Dr. Martin Luther King, Jr.

Ask yourself: Have you been kind today? Make kindness your daily modus operandi and change your world. —Annie Lennox

What we need is a cup of understanding, a barrel of love, and an ocean of patience. —St. Francis de Sales

Peace is not something you wish for; it’s something you make, something you do, something you are and something you give away! —Robert Fulghum

The ultimate measure of a man is not where he stands in the moments of comfort and convenience, but where he stands in times of challenge and controversy. —Dr. Martin Luther King, Jr.

**Discussion Questions:**

- What does hearing these quotes mean to you?
- Why does nonviolence seem so difficult to achieve as a response?
- What opportunities can we work on together to encourage nonviolence principles in our lives? In our community?

**Successful Service Projects**

People acting together as a group can accomplish things which no individual acting alone could ever hope to bring about. —Franklin Delano Roosevelt

All we have to decide is what to do with the time we are given. —Gandalf to Frodo, The Fellowship of the Ring (movie)

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

Look at a day when you are supremely satisfied at the end. It's not a day when you lounge around doing nothing; it's when you've had everything to do, and you've done it. —Margaret Thatcher

Understand that the right to choose your own path is a sacred privilege. Use it. Dwell in possibility. —Oprah Winfrey

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Life’s most urgent question is: what are you doing for others? —Dr. Martin Luther King, Jr.
Happiness is when what you think, what you say, and what you do are in harmony. —Mahatma Gandhi

The more compassionate you are, the more generous you can be. The more generous you are, the more loving-friendliness you cultivate to help the world.
—Thich Nhat Hanh, "Buddhist Peacework"

Man’s mind, once stretched by a new idea, never regains its original dimensions.
—Oliver Wendell Holmes, Jr.

Discussion Questions:
- How has the project today compared to what you expected from today’s event?
- What was the most meaningful part of the service project for you?
- What are ways you could inspire others to participate in a volunteer event such as this?