Service

I was engaged in a charity service program that aimed at providing donations to the poor and deserving in black neighborhoods of New York. In the program, I was assigned the duty of collecting donations by visiting the public places and churches. After the collection of charity I had to buy food and clothes for the poor and distribute with fairness. The act of kindness allowed me to attain inner satisfaction and peace. This reflects the act of kindness. I volunteered for the charity program for the local community. The service of charity contributed to the happiness of the people because it provided them with relief against hunger and deprivation. I realized that giving donations is linked to happiness and satisfaction. Through the personal experiment, I learned that money does not bring happiness if one doesn't contribute to the welfare of society. I realized that my contribution to the welfare of people allowed me to attain inner satisfaction.

The activity of charity benefited the others and is linked to their state of happiness. Charity allows people to focus on their present state. Happiness can be defined as, “people who thought more about the present were happier, but people who spent more time thinking about the future or about past struggles and sufferings felt more meaning in their lives, though they were less happy” (Atlantic, 2013). After receiving charities people exhibited happiness and it reflected that they are thinking about their present only not the past. I learned through my experience that helping society is linked to greater satisfaction and peace. When we involve ourselves in charity and other practices of kindness we spread a positive message. Supporting human beings in their hard times has a significant correlation with inner happiness. People who disengage themselves from acts of charities or kindness lacks true happiness.

I believe that an act of charity offer benefits to the community because it supports people in their difficult times. “This creates a strong current of love and happiness because a heart overflowing in love is continually being filled with more love" (Shimoff, 2008). Charity is linked to positive feelings of love and happiness. When I volunteered in the charity program I attained peace and happiness. This indicates that an act of kindness is not only linked to others happiness but it also leads to self-contentment. All participants who received charity from the service exhibited happiness. On receiving food and clothes they expressed joy. This indicates that people who find kindness forget their misery. Their enjoyment reflects their state of happiness.

My experience of charity service allowed me to learn its relevance with Happiness is "about gradually eliminating those factors which lead to suffering and cultivating those which lead to happiness" (Lama and Clutter 1998). Charities benefit the deserving and the poor because it allows them to overcome their miserable state. They know the value of food and money. On receiving charity these people express happiness because it provides them temporary relief from hunger and deprivations.

My overall experience of charity service permitted to attain peace and happiness. Before such an experience, I always wondered why I lack inner happiness. Irrespective of all the blessings I used to feel sad and dissatisfied. However, my experience of charity allowed me to attain true happiness. I learned that one's personal happiness is linked to the collective happiness of society. To acquire real happiness one must help human beings. There is a positive connection between service and happiness. This is because service towards human welfare is linked to positive feelings.

References

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