



## The Joy of Feeding Others

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When it comes to hunger, we often identify it with developing nations in Asia and sub-Saharan Africa region. It is unimaginable for us to think that a great nation like the United States, too, has its share of hunger. Unfortunately, we sometimes ignore or overlook this harsh truth. With the economy faring poorly and people losing jobs, there are children and adults going to bed hungry in America. Now, we have a chance to do something about the hunger that is spreading its tentacles. We can make a difference by discovering the joy of feeding the less fortunate.

That's exactly what the Yasha Circle Ministry (YCM) did! On July 7, YCM visited Shepherd's Table located in downtown Silver Spring. The mission of Shepherd's Table is to help people who are homeless or in need by providing basic services, including meals, social services, medical support, clothing and toiletries, and other assistance in an effective and compassionate manner. They provide breakfast, lunch and dinner on weekends, and serves as a resource center for clients to check mail, use the telephone, get prescription assistance, and much more. They also have a bilingual counselor on-site. Since 1983, Shepherd's Table has been a necessary and effective resource welcoming and serving those in Silver Spring, supported by volunteers, religious organizations, government, businesses, foundations and individuals donors.



While at Shepherd's Table, we prepped and served brunch to approximately 100 clients. Afterwards, we cleared and cleaned tables, then swept and mopped floors in preparation for the dinner to be served later that day. This was a very humbling and much appreciated experience. There are simply few works that feel better than helping those in need. To see someone hungry is heart-wrenching, especially if that someone is a child. This feeling goes much deeper than the superficial. Making an effort to feed someone less fortunate results in good and happy feelings. Most fulfilling is witnessing the gratitude of those served. This automatically makes us feel good about ourselves and works wonders with our self-esteem and self-confidence.

Many of us mistakenly associate material wealth with emotional wellbeing. On the contrary, it is a selfless deed that evokes a true sense of happiness. Endorphins are released when we see the positive results of our actions. Believe it or not, we can drive away the blues with this one simple gesture and then feel emotionally fulfilled and satisfied. Furthermore, as Christians, we have an inherent responsibility to feed God's children: "For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me" (Matthew 25:35).

True happiness comes from feeling grateful for the blessing of spreading joy without expecting anything in return. Some of us spend a lifetime learning this. Material wealth can always be earned, but fulfillment and gratification come from doing something for others. It is a sure shot way to achieve a happiness that cannot be expressed in words.

Start volunteering in your neighborhood soup kitchen or food bank and see how happy that makes you. Help someone; it's a good feeling. It's TERRIFIC!!