

Voluntarism – (vol·un·teer·ism)

Catholic Charities WV knows first hand how important volunteers are. We literally could not do the work we do to the extent that we do it without people like you! We wanted to take the opportunity this month to recognize the gifts you bring to us, and acknowledge the challenges you might experience.

Merriam-Webster tells us that *voluntarism* is:

The principle of donating time and energy for the benefit of other people in the community as a social responsibility rather than for any financial reward.

Since you are already a volunteer, it seems logical that you identify with the notion that volunteering is a social responsibility. You probably know well that we humans can be motivated by things other than money.

At the same time, we all have something that motivates us. Perhaps you have been affected by a disaster yourself, and you feel compassion towards other survivors. Maybe you've seen first- or second-hand the chaos that disasters bring, and you know that your particular skills are needed in this area.

When we're feeling overwhelmed by the demands on our time, energy, and resources, we look to the things that motivate and discern whether to keep going.

It's important to take some time to reflect on why you're doing this in the first place. **Why do you volunteer in general? Why did you choose Disaster Ministry in particular?** Jot down your thoughts here:

Share your reflections with us: email kkosydar@ccwva.org

Volunteering is good for you, too!

We're happy to report that there are some real benefits to volunteering for the volunteer, as well as the peo-



ple impacted by your service. According to [the AARP](#), the benefits of volunteering are well-researched. Voluntarism helps people to:

- Connect and socialize
- Feel physically healthier
- Strengthen mental and emotional health
- Help manage stress
- Add a sense of purpose and meaning to their life
- Feel in control of their health

If you know someone who would be a great fit for your PDM, reach out to them with an invitation! And if you know someone who wants to volunteer with another Catholic Charities WV program, an easy way to get connected is to visit <https://catholiccharitieswv.org/be-a-volunteer/>

Thank you!

Our team strives to never takes volunteers - YOU! - for granted. We know how hard you work for your community. Thank you for your service and dedication.

If there's anything we can do to support you in your ministry, please reach out to Kate or Lora. It's a pleasure working with you!

Questions? Contact Us!
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