

# HELP

**No man stands so tall as when he stoops to help someone.**

Don't you enjoy helping others? When we get a chance to help it makes us feel good, in addition to the person we are helping.

Let people help you. People want to help, and helping gives them a chance to show you what you mean to them. They feel good about being able to help, and you have something done for you that you did not have to do. Everyone wins, everyone feels good.

Don't be stubborn. Don't say "No". People are reaching out, especially when you are in a time of need, and it's respectful and helpful to accept. Sure, you can do it yourself; but, that's not the point. The point is, someone cares enough to help, and cares enough to ask for the opportunity to help. Accept it with gratitude and appreciation.

Think about yourself. A friend has had a tragedy or a problem. Isn't your instinct to reach out and help? You want to help, you want to show them you care. How would you feel if they said, " No"? Not happy, I'm sure.

Recently we had a tragedy in the family and so many came to help we were overwhelmed. Too much food arrived, so many people stopped by, it was hard to spend the time we wanted to with them. We so appreciated all that was done, but we did not have the time or energy to thank them as we'd have wanted to.

I've learned, it's OK. People help to help. People understand. Thank them when you can. The best thanks is to 'pay it forward' and help someone else in need. When we see a need where we can help, and add value, we should do it.

My two hands can't begin to count the help and goodness we have received. I remember one person we were acknowledging how we could not thank them enough. They simply said, "Help someone else when the opportunity arises." The person went on to explain how others had helped them, and now they were helping others.

Truly, we all want to help, we all want to be useful to friends and those in need. It might not be right when you want to help, but you'll have your chance to help. When given the chance, enjoy the opportunity. Help.

It has taken me a long time to accept help and just say, "Thank you". For some of us, it's hard to do. But, I learned, and so you can learn. It's also fun to see those who helped, and how good they feel. Don't deny someone the chance to help, to do good, and to feel good about helping you or someone else.

In helping, everyone wins, everyone feels good, and everyone feels valued.