

BE A HERO FOR A BETTER WORLD



"When the story of these three girls arrives, we want it to say that we did all we could, and it was more than anyone could have imagined."  
—Bono

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"Do what you can to show you care about other people, and you will make our world a better place."  
—Rosalynn Carter

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"Service is the rent you pay for room on this earth."  
—Shirley Chisholm

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"If compassion was the motivating factor behind all of our decisions, would our world not be a completely different place?"  
—Sheryl Crow

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"...So, when it comes to making good and making big, good choices, and for those who can't speak for themselves, use bold voices. And make friends and love each other, bring it all to the place. And make this world better for the whole human race."  
—Janet Lee Curtis

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"Often, change, anyone can help, anyone with attention and thoughtful concerns make a difference every day. It's really great to see how much difference that individual can make."  
—Bernie Day

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# BetterWorld Issue: Volunteering

...make a difference...

Be a hero for a better world.  
Every act of compassion  
makes a difference!  
Start a BetterWorld Club.  
Join the BetterWorld Movement.

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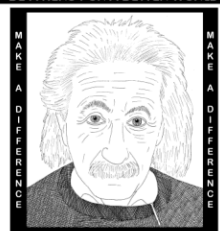
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"Service is the rent we pay for living. It is the very purpose of life and not something you do in your spare time."  
—Martin Wright Edeiken

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"Only a life lived for others is worth living."  
—Albert Einstein

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"If every American donated five hours a week, it would equal the labor of twenty million full-time volunteers."  
—Thomas G. Cook

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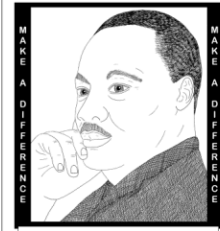
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"If you ever need a helping hand, it is at the end of your arm. As you get older, you must remember you have a second hand. The first one is to help yourself. The second hand is to help others."  
—Audrey Hepburn

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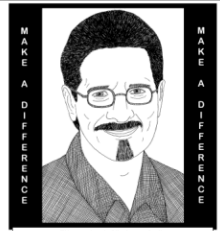
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"Everyone can be great, because everyone can serve."  
—Martin Luther King, Jr.

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"We are all part of the human family and we should be about doing what all good families do...caring for not just themselves but for each other."  
—Dan O'Hall

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"Our generation has the ability and the responsibility to make our ever more connected world a more hopeful, stable and peaceful place."  
—Faye Wattleton

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"I think service to others is the real key to winning our own personal freedom and the freedom for our loved ones, our own personal satisfaction and fulfillment."  
—Marilyn Stone

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"It's important to see what we can do to make a difference, but it's more important to see to do it every single day."  
—Alice Silverstone

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"It is not how much you do, but how much love you put in the doing."  
—Mother Teresa

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"Activism is the rent I pay for living on this planet."  
—Faye Wattleton

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"My satisfaction comes from my commitment to advancing a better world."  
—Faye Wattleton

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# WHAT'S YOUR BETTERWORLD ISSUE?

# VOLUNTEERISM



"If every American donated five hours a week, it would equal the labor of twenty million full-time volunteers."  
-- Whoopi Goldberg

Some people are fortunate enough to earn their livelihoods in jobs that directly help to create a more peaceful, just and sustainable world. But much of the efforts to make life better for our communities and our world are done by volunteers -- people who work for a better world without pay.

Around the world, hundreds of millions of people volunteer - nearly 65 million volunteer in America! American volunteers do the equivalent work of over 9 million fulltime employees!

Recognizing the importance of volunteers, the United Nations Volunteers programme (UNV) works with a network of over 20,000 organizations to use International Volunteer Day on December 5 as an opportunity to celebrate the important contribution volunteers make and as a launching point to inspire year-round volunteer involvement.

Many nations have national networks of volunteer organizations. In the US these include Youth Service America; the Points of Light Foundation which connects 2.5 million volunteers who provide services for 170 million people; and Action Without Borders, which links volunteers to 50,000 organizations in 165 countries. US Government agencies promoting volunteerism include AmeriCorps, which provides money for college tuition for youth volunteers; SeniorCorps which connects those over 55 to volunteer opportunities, and the Peace Corps for helping in other countries.

Volunteers ARE creating a better world, one person and one act of kindness at a time.

## Be A Hero For A Better World!

1. Find out more about how volunteers are making a difference in your community
2. Volunteer 5 hours a week
3. Plan an event to promote volunteerism
4. Support organizations that promote volunteering

## Volunteer Links

- Action Without Borders ([idealist.org](http://idealist.org))
- AmeriCorps ([americorps.gov](http://americorps.gov))
- PeaceCorps ([peacecorps.gov](http://peacecorps.gov))
- Points of Light Foundation ([pointsoflight.org](http://pointsoflight.org))
- SeniorCorps ([seniorcorps.gov](http://seniorcorps.gov))
- Volunteers of America ([volunteersofamerica.org](http://volunteersofamerica.org))
- World Volunteer Web ([worldvolunteerweb.org](http://worldvolunteerweb.org))
- Youth Service America ([youthserviceamerica.org](http://youthserviceamerica.org))

For more information: [www.betterworld.net/volunteers.htm](http://www.betterworld.net/volunteers.htm)

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**'Service to others  
is the rent you pay for your room here on Earth.'  
-- Muhammad Ali**

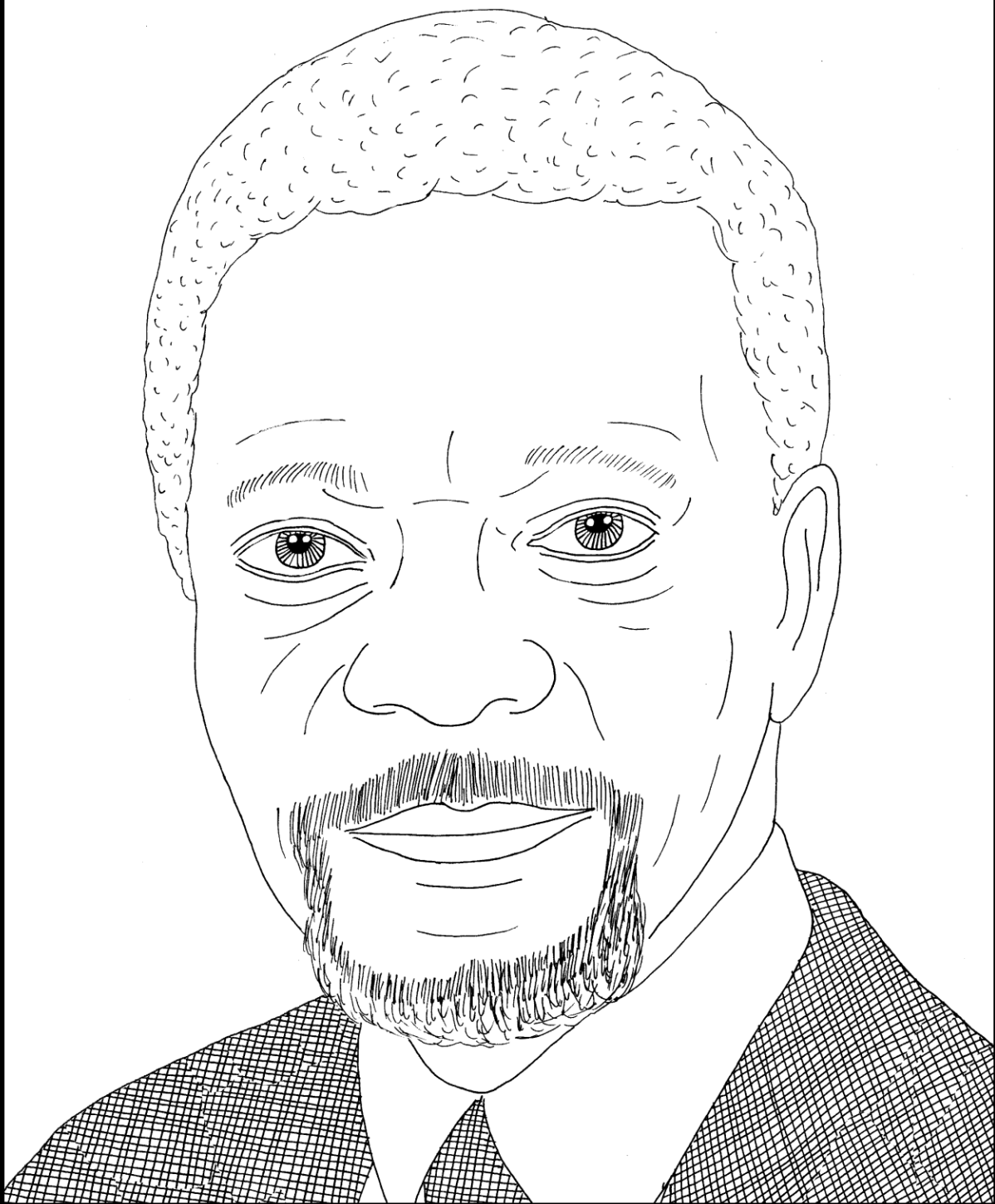
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**"If our hopes of building a better and safer world are to become more than wishful thinking, we will need the engagement of volunteers more than ever."**

**-- Kofi Annan**

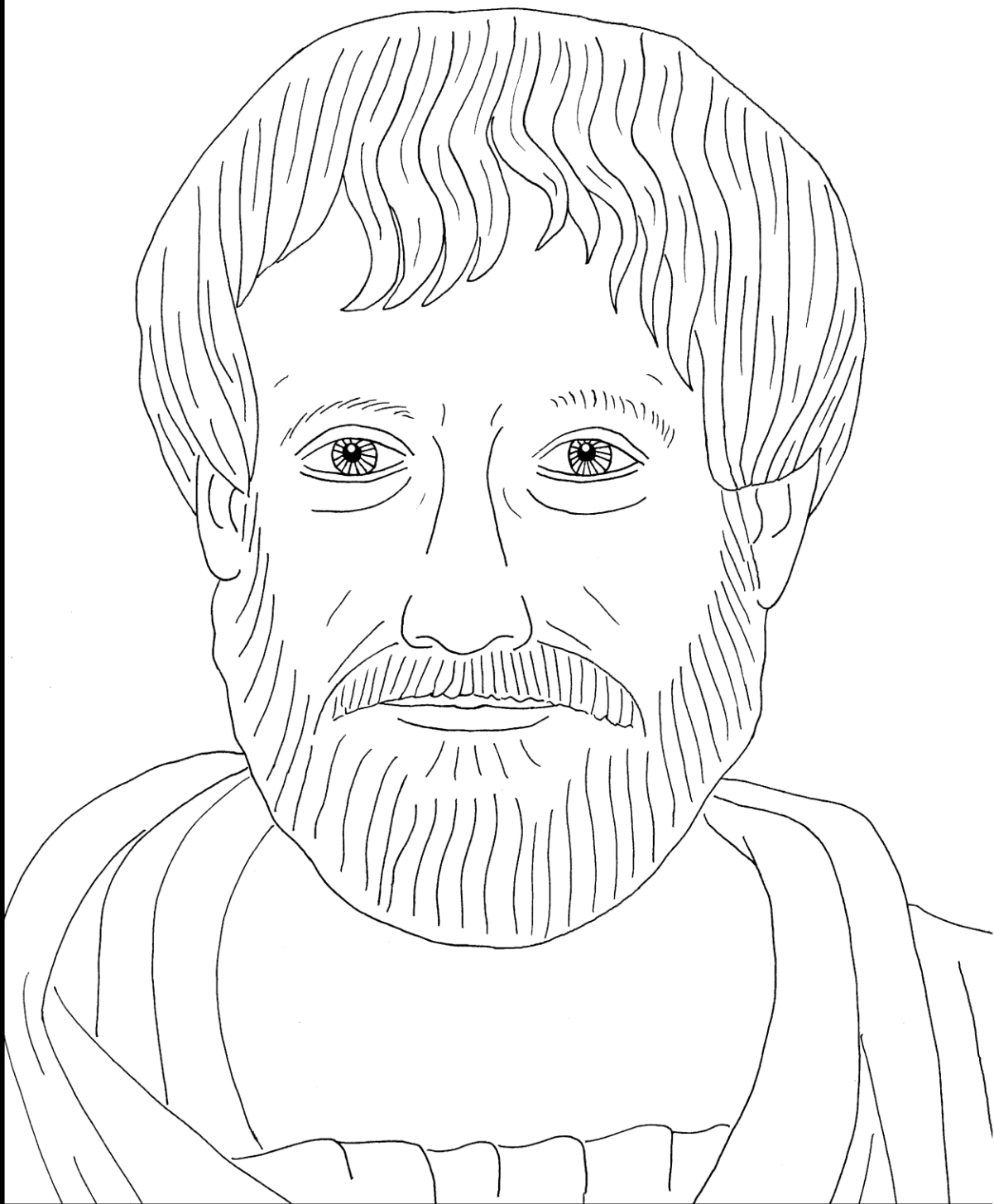
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**"What is the essence of life?  
To serve others and to do good."  
-- Aristotle**

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"When the story of these times gets written,  
we want it to say that we did all we could,  
and it was more than anyone could have imagined."

-- Bono

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**"Every human being is important and all human beings  
owe something to their fellow inhabitants of this planet."**

**-- Wallace Campbell, CARE Co-Founder**

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"Do what you can to show you care about other people,  
and you will make our world a better place."

-- Rosalynn Carter

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**"We must all work to make the world worthy of its children."  
-- Pablo Casals**

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**"Service to a just cause rewards the worker with more real happiness and satisfaction than any other venture of life."**

**-- Carrie Chapman Catt**

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**"We have to do what we can to help wherever  
and whenever it is possible for us to help."  
-- Jackie Chan**

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**"Our lives are to be used and thus to be lived as fully as possible,  
and truly it seems that we are never so alive  
as when we concern ourselves with other people."**

**-- Harry Chapin**

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**"Service is the rent you pay for room on this earth."  
-- Shirley Chisholm**

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**"If compassion was the motivating factor behind all of our decisions,  
would our world not be a completely different place?"**

**-- Sheryl Crow**

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"...So, take what's inside you and make big, bold choices.  
And for those who can't speak for themselves, use bold voices.  
And make friends and love well, bring art to this place.  
And make this world better for the whole human race."

-- Jamie Lee Curtis

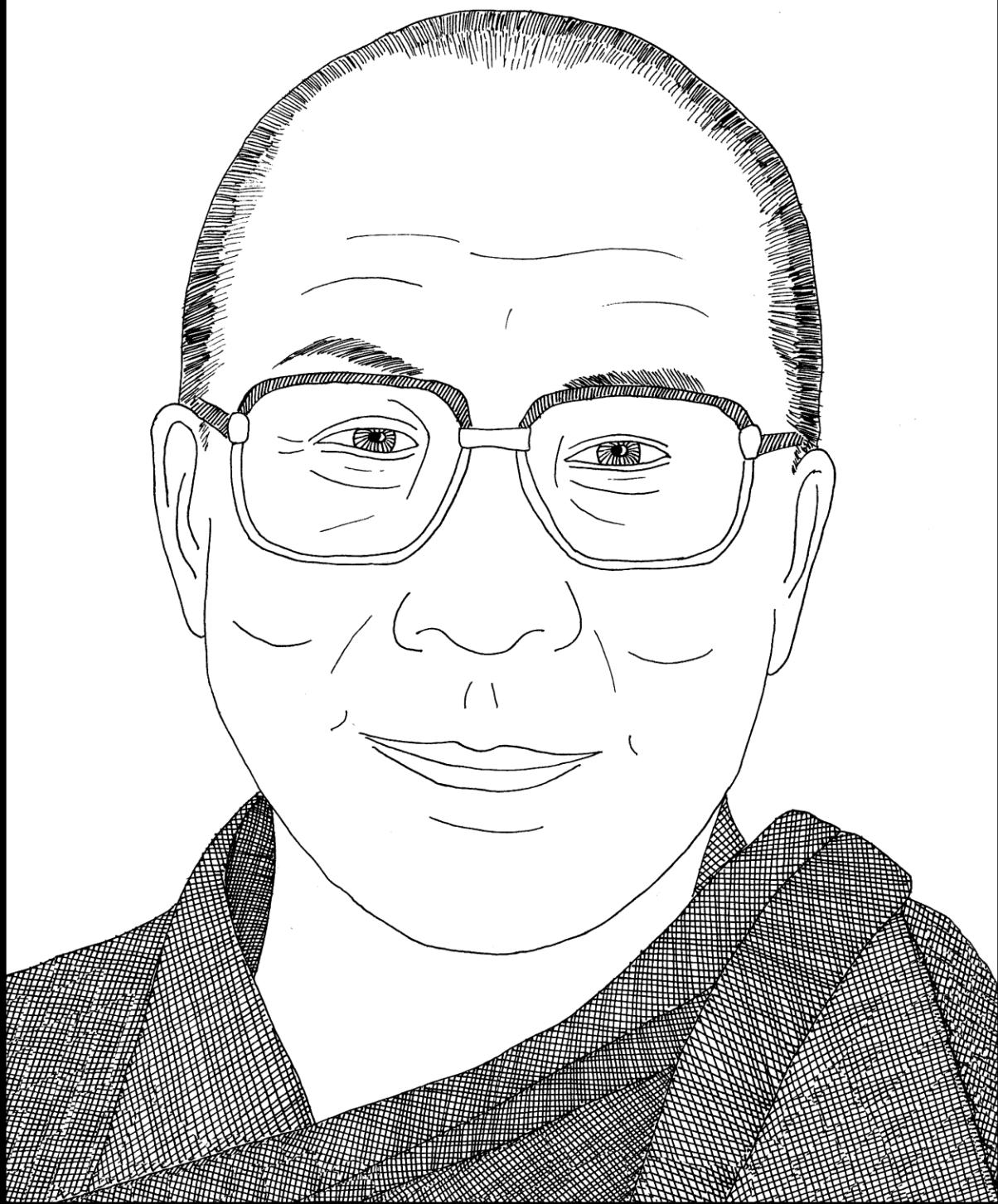
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"Our prime purpose in this life is to help others.  
And if you can't help them, at least don't hurt them."  
-- Dalai Lama

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"Older, younger, anyone can help...people with passionate and thoughtful concerns make a difference every day...  
It's really great to see how much difference that individuals can make."  
-- Doris Day

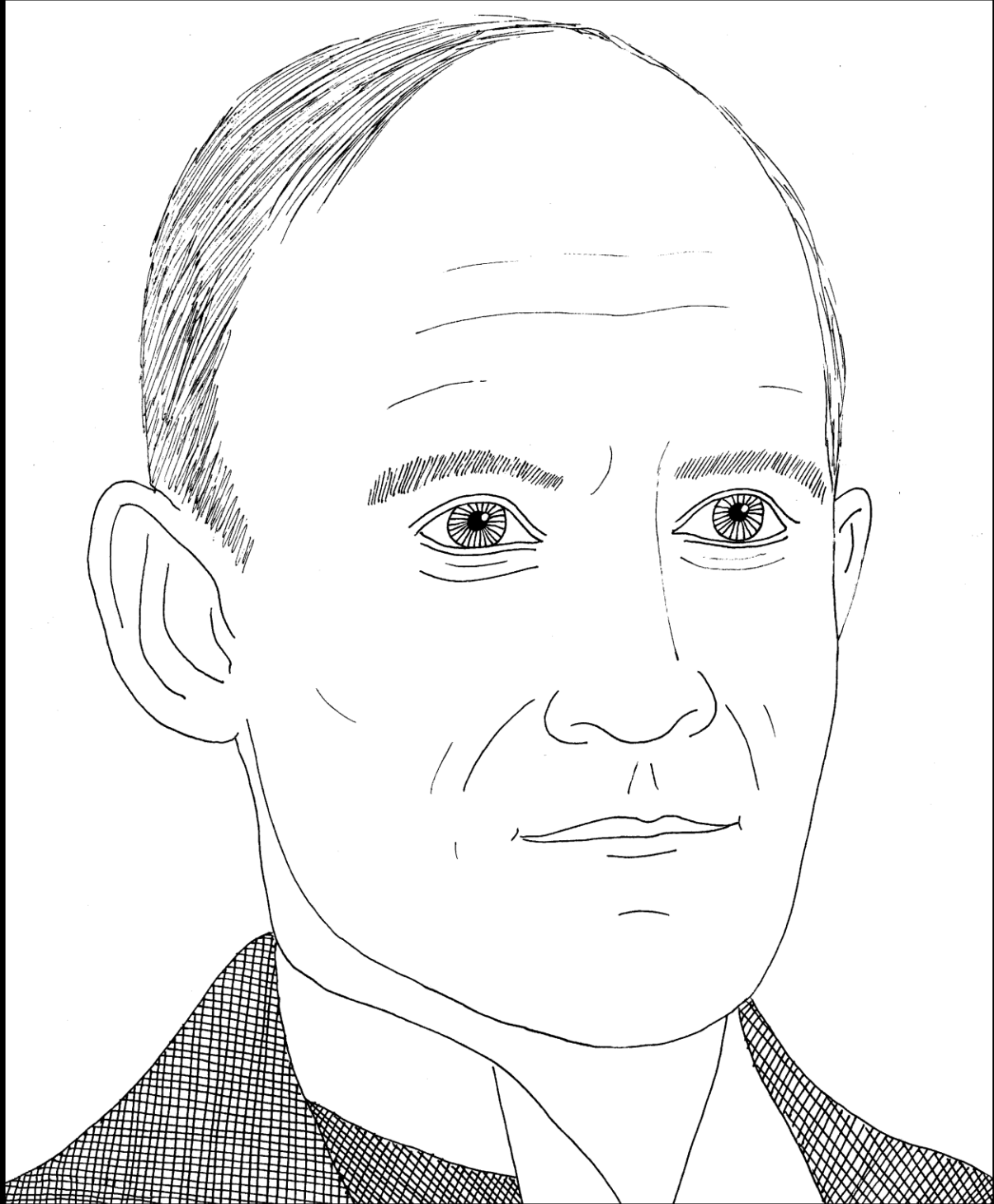
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**"It is when you have done your work honestly,  
when you have contributed your share  
to the common fund that you begin to live."**

**-- Eugene V. Debs**

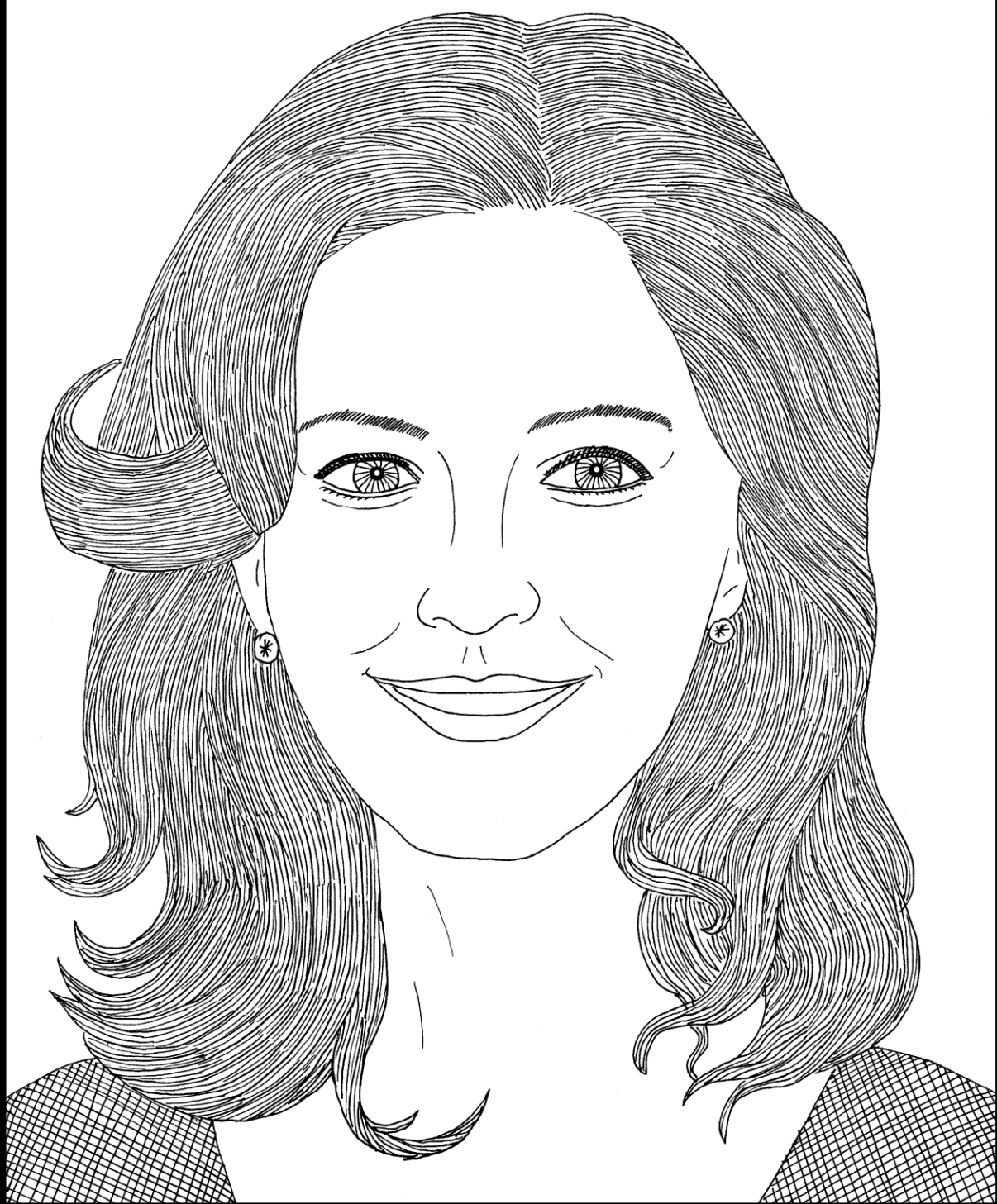
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“I believe we are put on this earth to be of service.  
It’s how I find meaning in my life. And it’s fun!”

-- Dana Delany

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**-- Marian Wright Edelman**

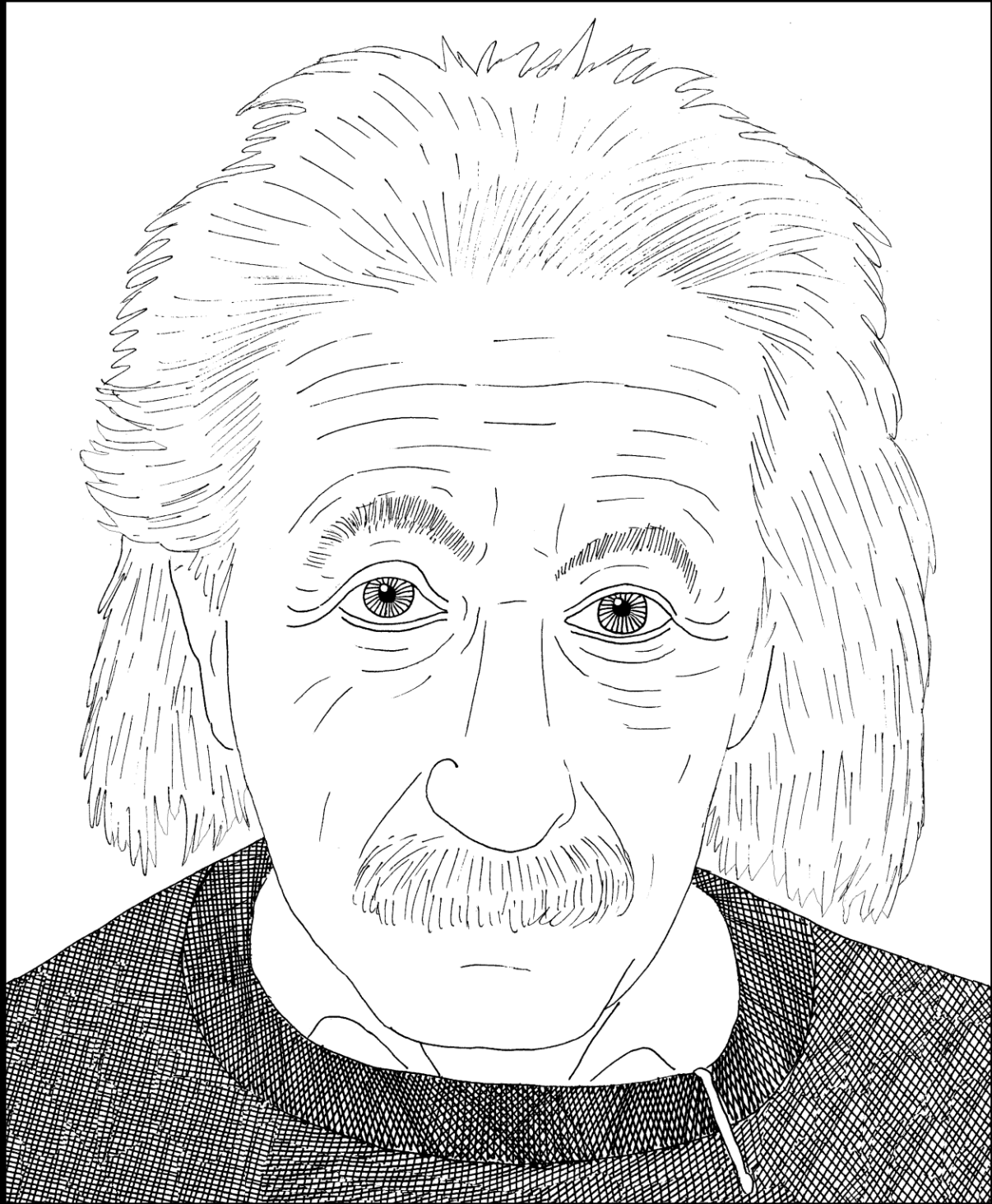
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**"Only a life lived for others is worth living."  
-- Albert Einstein**

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**"Volunteering is so pervasive it's invisible. We take for granted all the things that have been pioneered by concerned, active volunteers."**

**-- Susan J. Ellis**

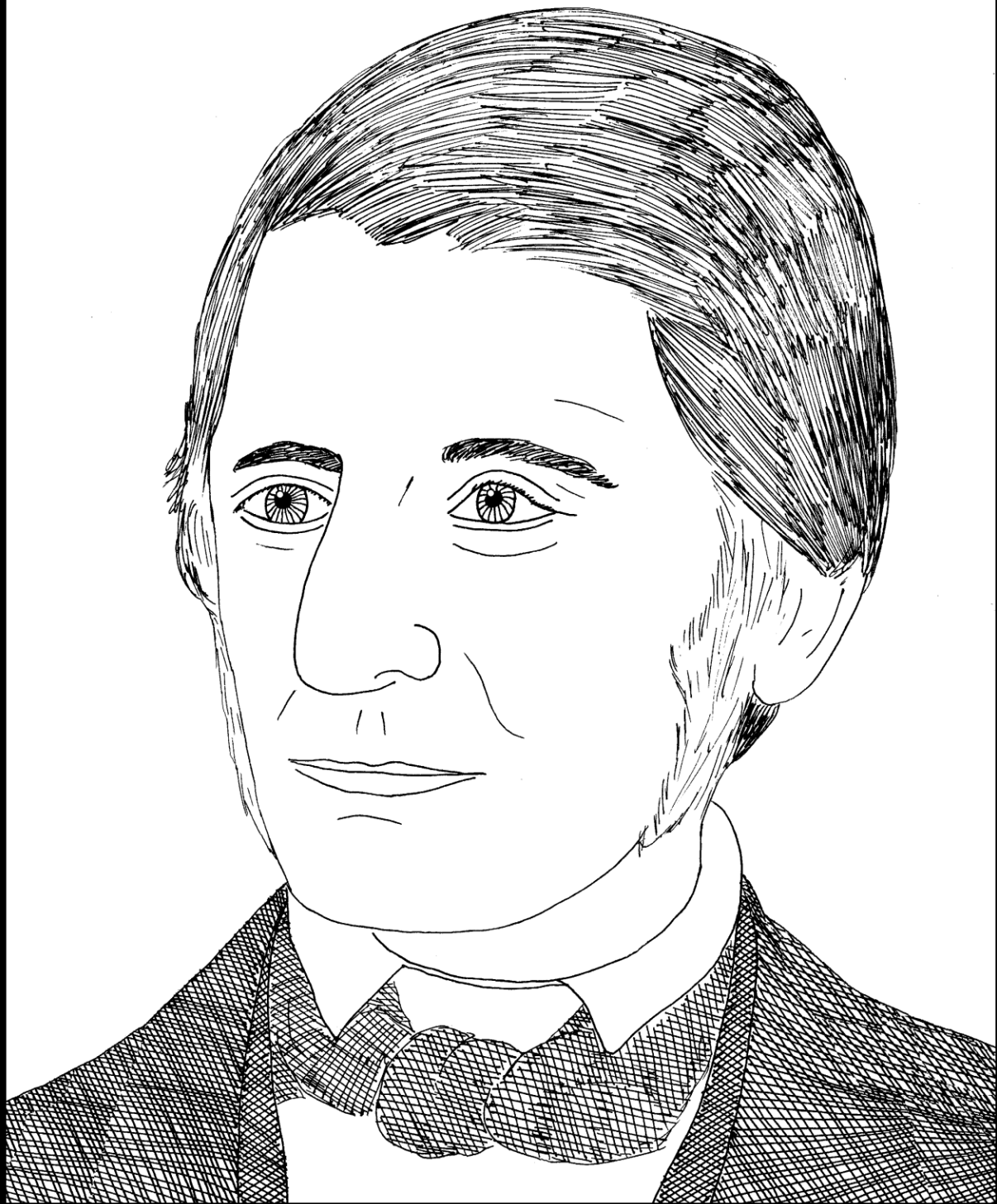
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"It is one of the most beautiful compensations of this life  
that no man can sincerely try to help another without helping himself."  
-- Ralph Waldo Emerson

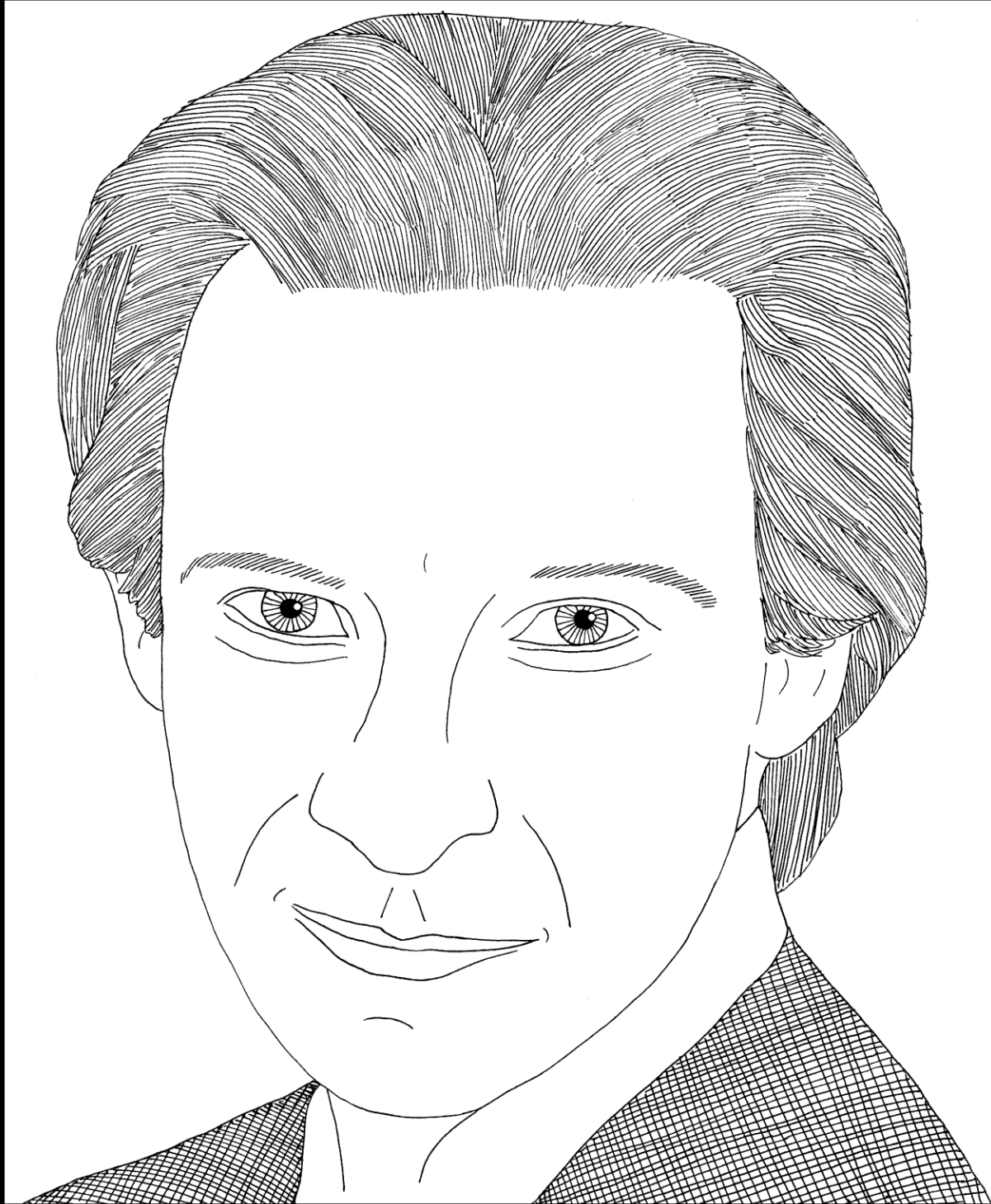
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“...the world is a giant community now. This excuse of distance, time, doesn't work...We're all so connected. We can't spend every second of our lives worrying about another family miles away but we somehow have to factor it in where we can.”

-- Ralph Fiennes

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**"It is in giving oneself that one receives."  
-- Saint Francis of Assisi**

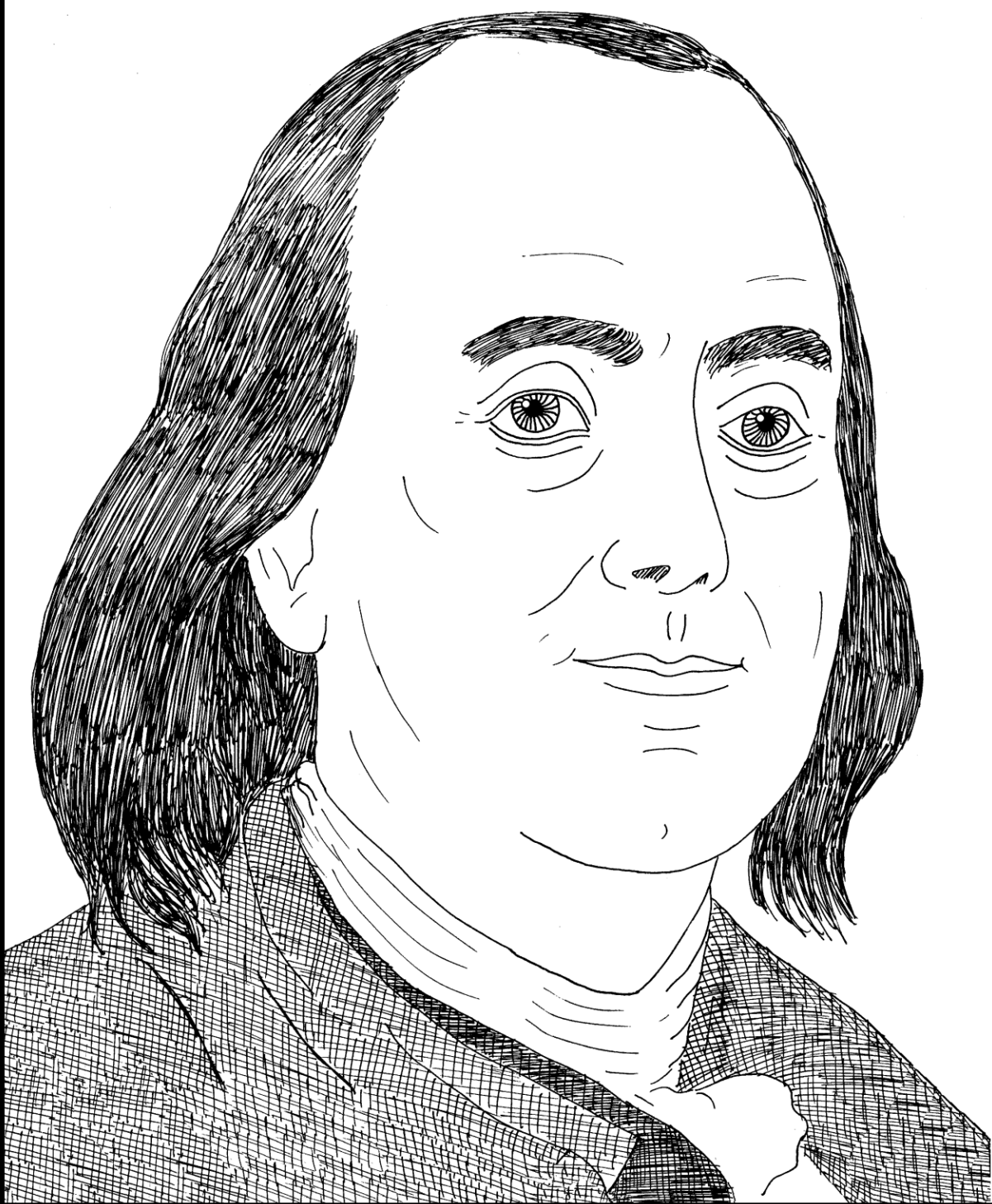
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**"Doing nothing for others is the undoing of ourselves."  
-- Benjamin Franklin**

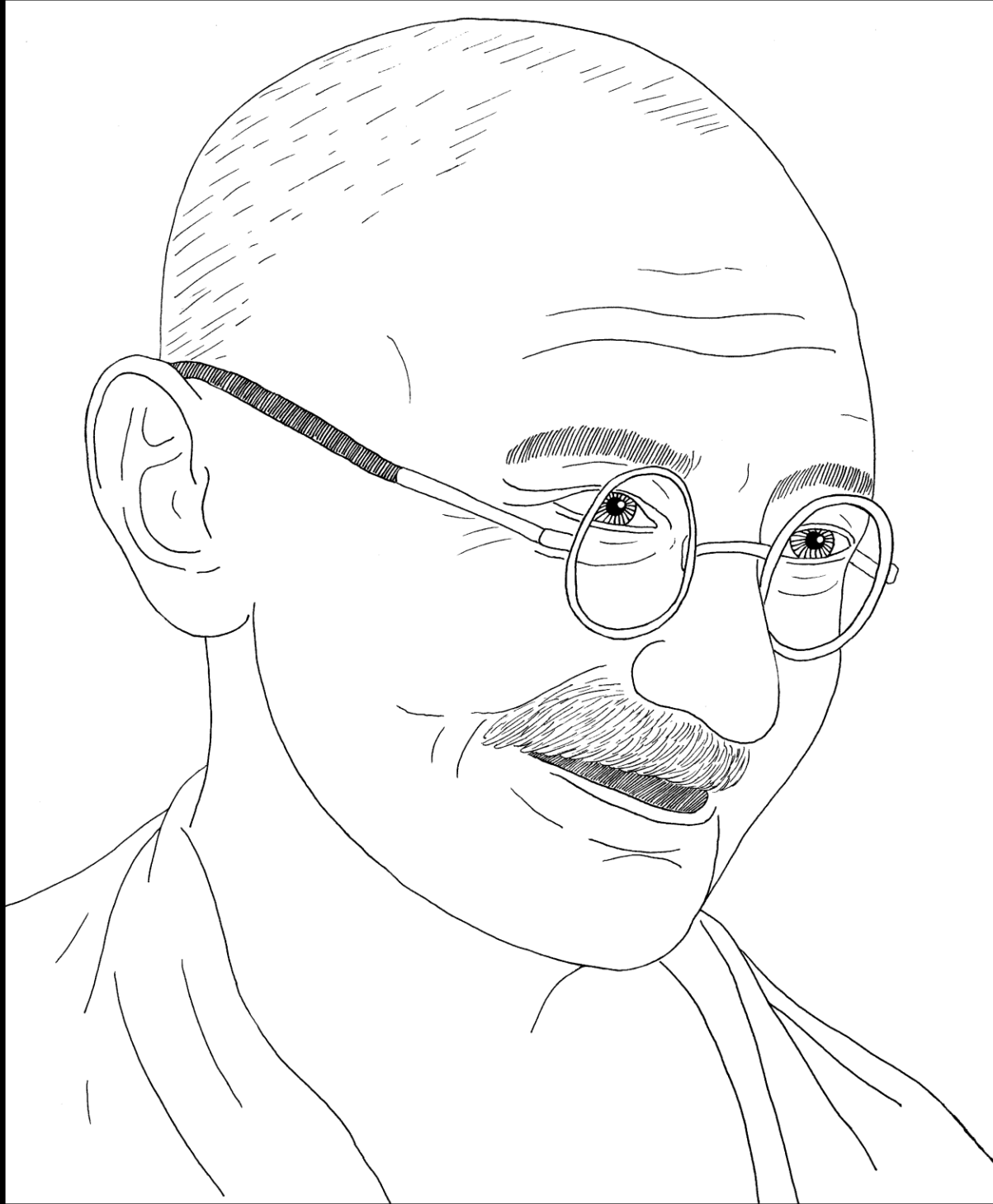
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**"The best way to find yourself,  
is to lose yourself in the service of others."  
-- Mohandas Gandhi**

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**“Whatever community organization, whether it's a women's organization, or fighting for racial justice ... you will get satisfaction out of doing something to give back to the community that you never get in any other way.”**

**-- Ruth Bader Ginsburg**

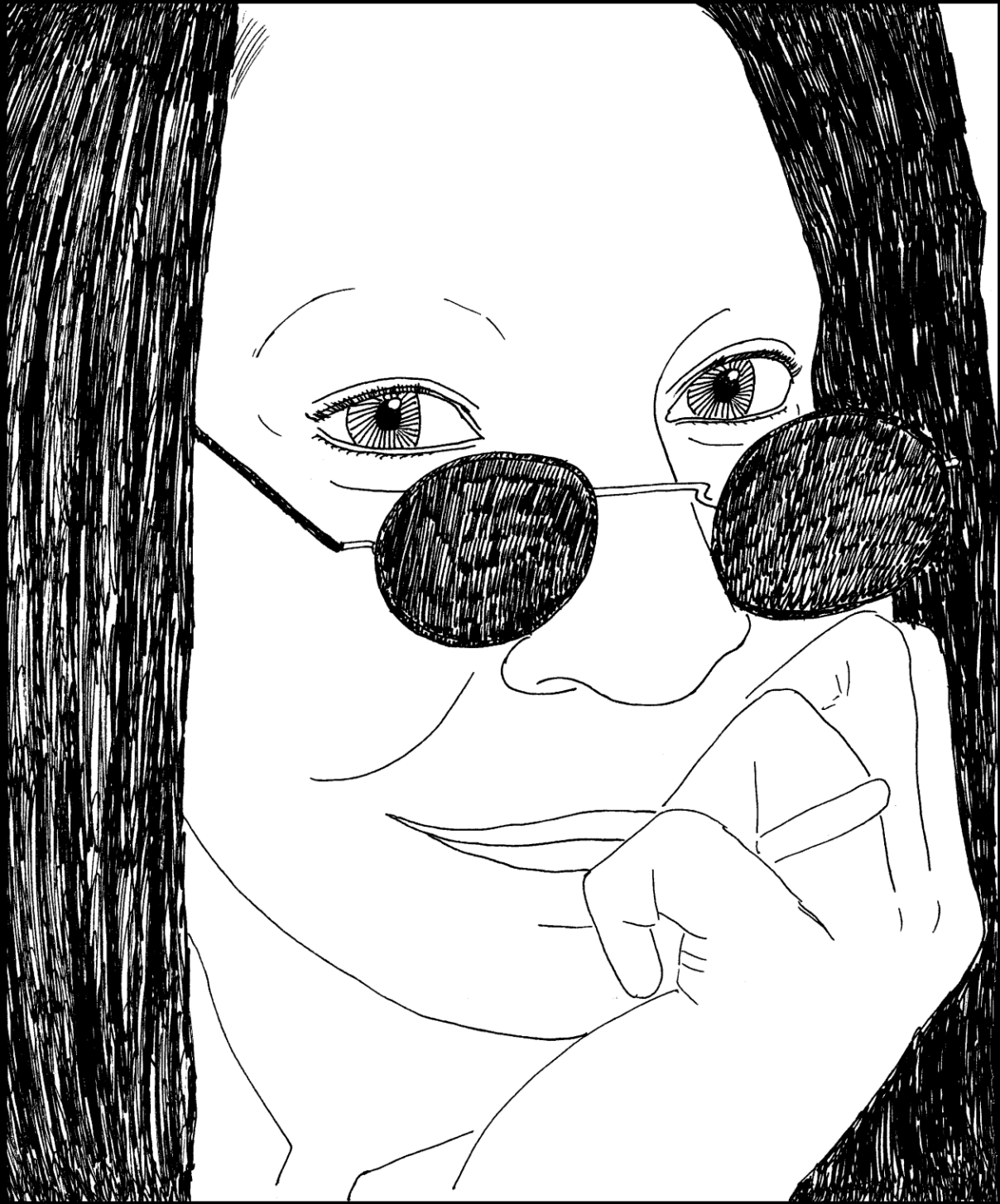
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**"If every American donated five hours a week,  
it would equal the labor of twenty million full-time volunteers."  
-- Whoopi Goldberg**

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# BE A HERO FOR A BETTER WORLD

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"If you ever need a helping hand, it is at the end of your arm.  
As you get older you must remember you have a second hand.  
The first one is to help yourself. The second hand is to help others."  
-- Audrey Hepburn

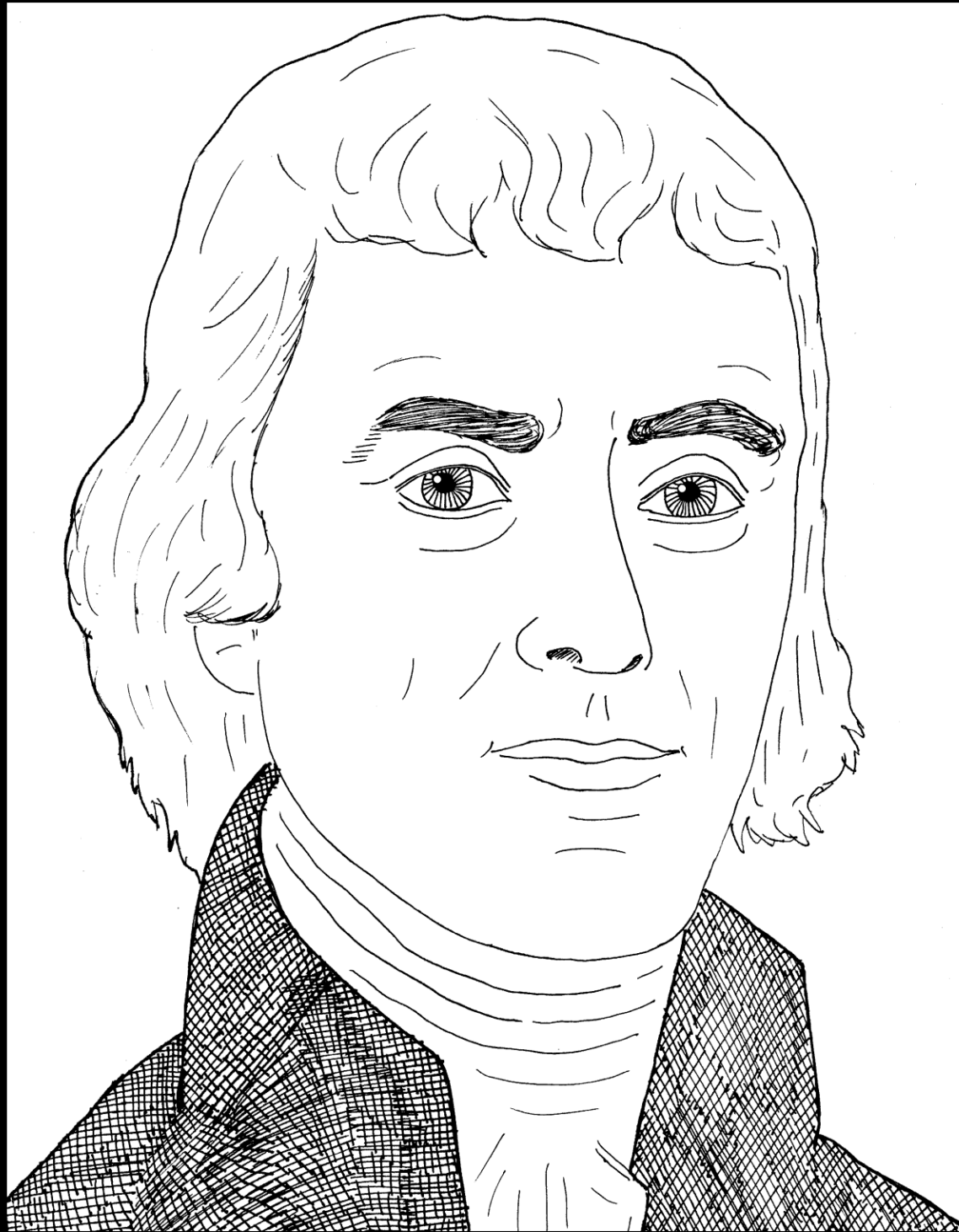
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"Every human being feels pleasure in doing good to another."  
-- Thomas Jefferson

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"We cannot close ourselves off to information and ignore the fact that millions of people are out there suffering. I honestly want to help. I don't believe I feel differently from other people. I think we all want justice and equality, a chance for a life with meaning. All of us would like to believe that if we were in a bad situation someone would help us."

-- Angelina Jolie

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**"The unselfish effort to bring cheer to others  
will be the beginning of a happier life for ourselves."  
-- Helen Keller**

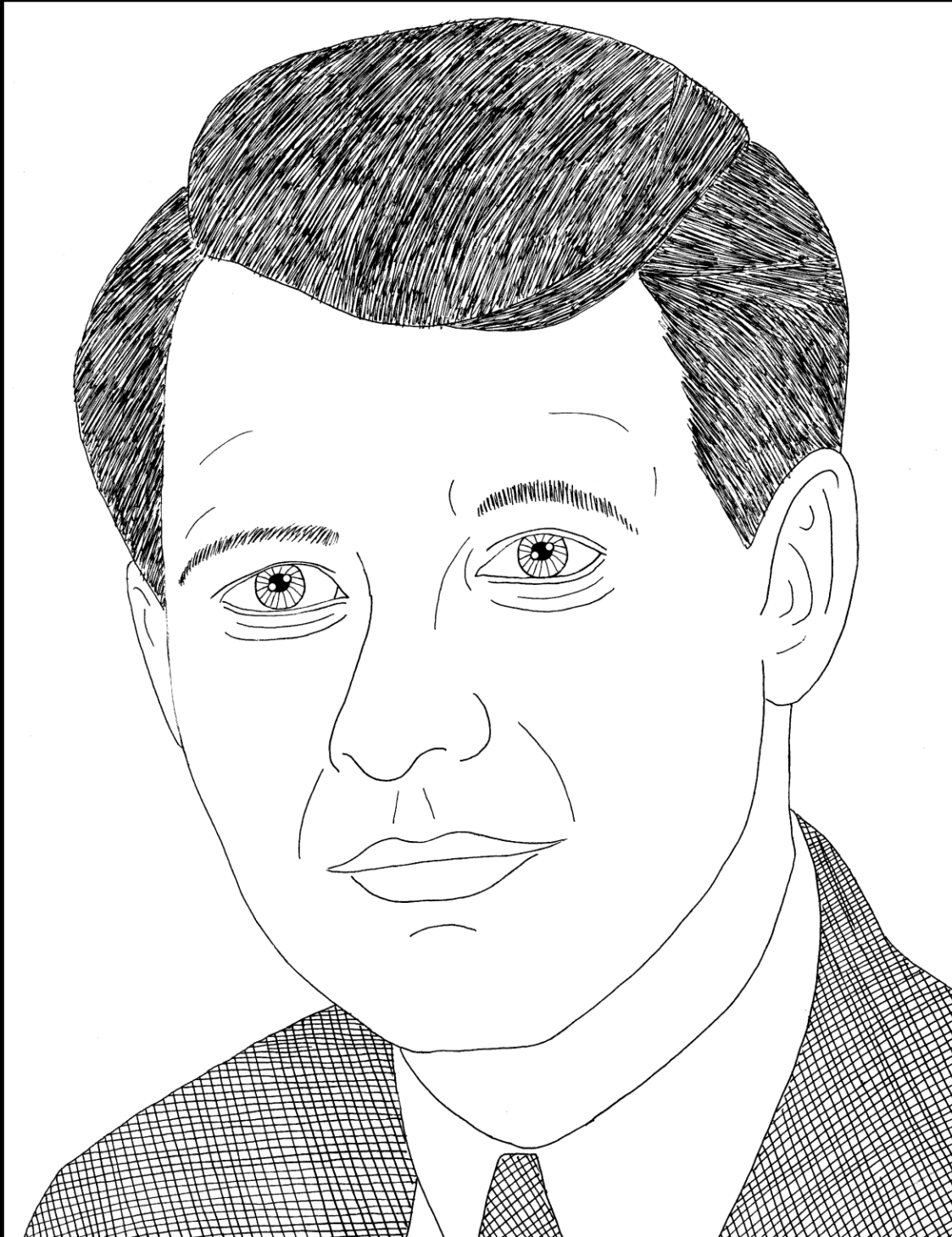
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"Each time a man stands up for an ideal or acts to improve the lot of others or strikes out against injustice, he sends forth a tiny ripple of hope, and crossing each other from a million different centers of energy and daring, those ripples build a current that can sweep down the mightiest walls of oppression and resistance."

-- Robert F. Kennedy

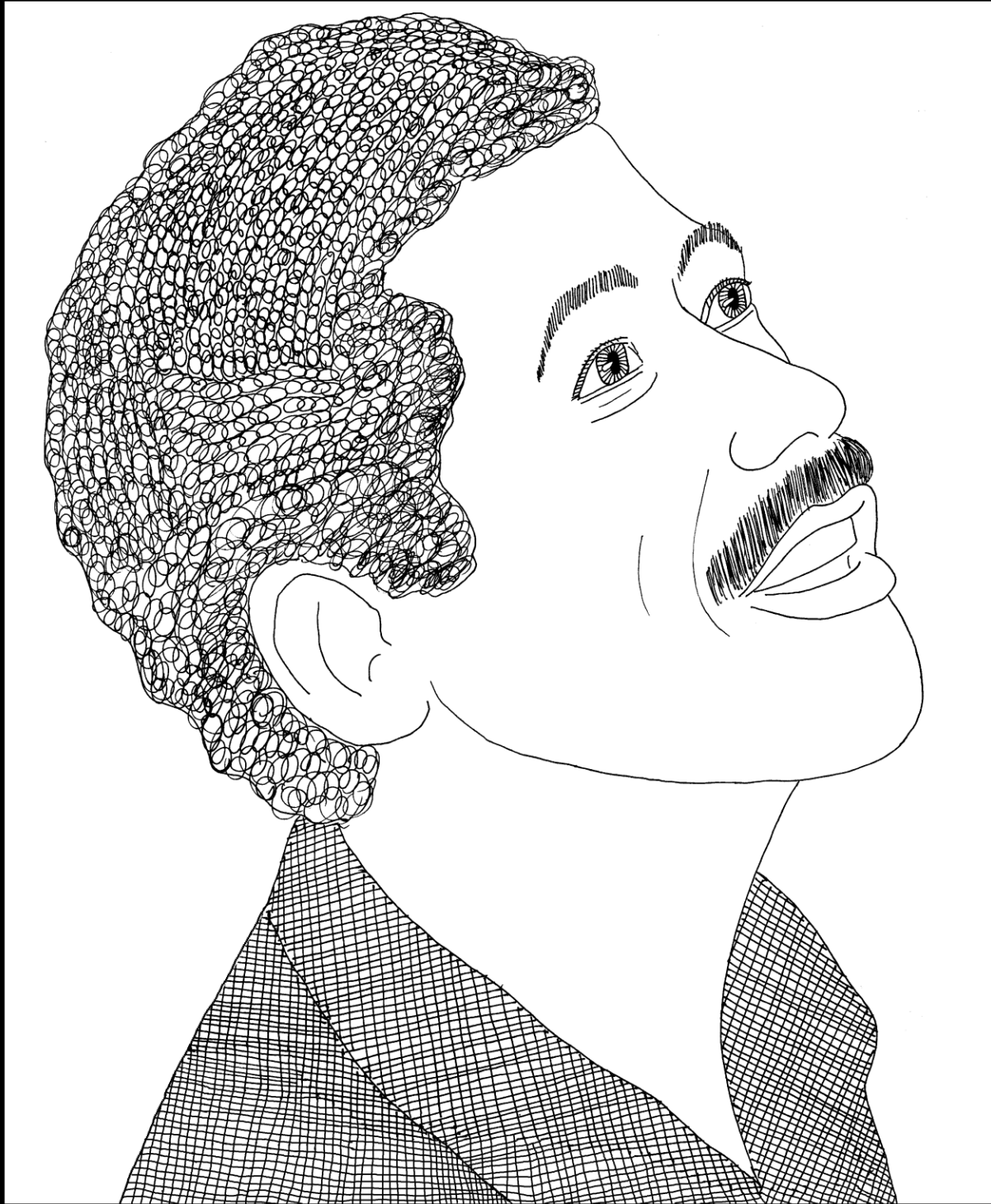
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**"Because the suffering of any human being diminishes all of us,  
it's our responsibility to try to ease that suffering.  
It is not a matter of titles, but of responsibilities."**

**-- Khaled**

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"I do believe there is enormous possibility to change this world."  
-- Nicole Kidman

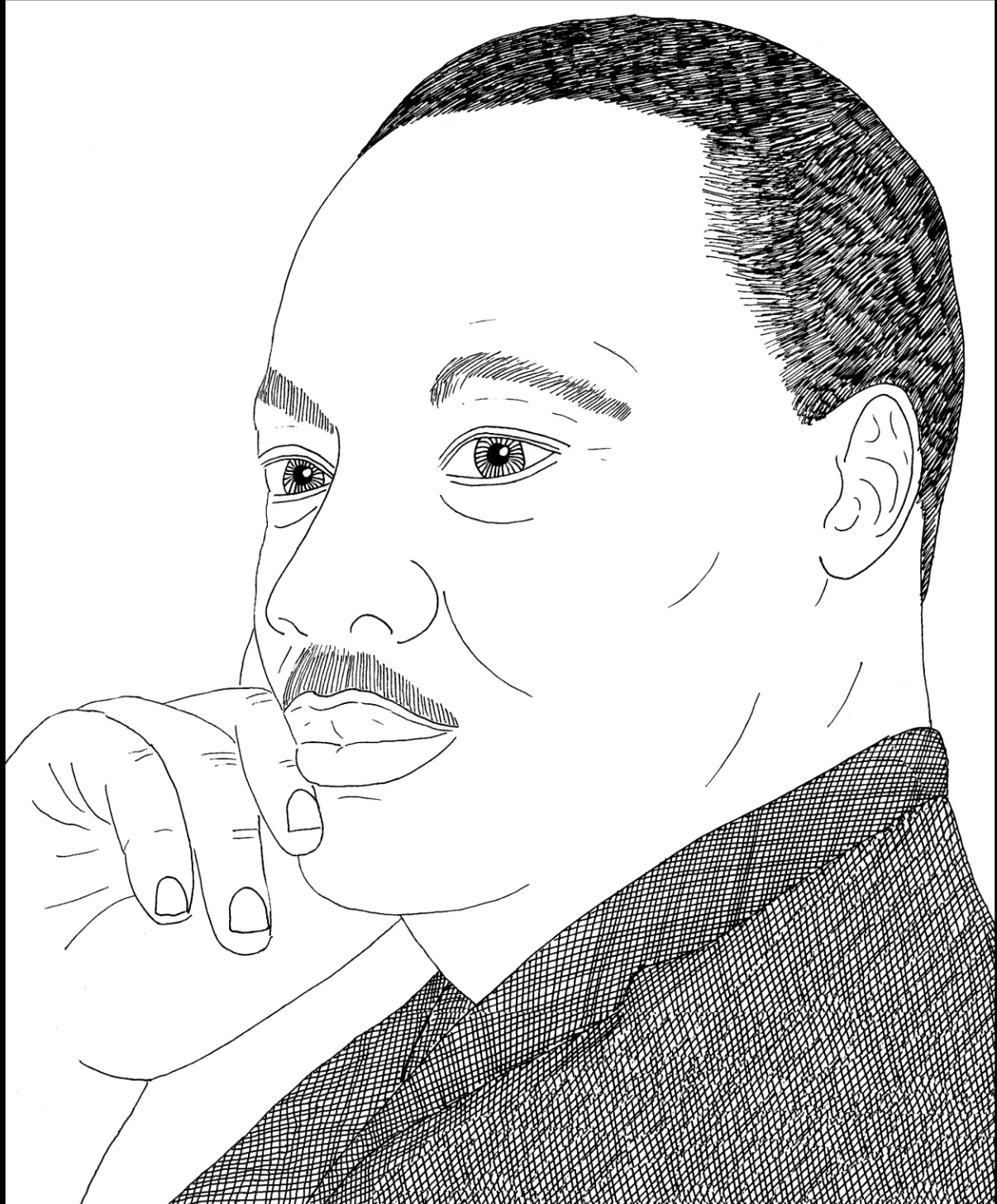
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"Everyone can be great, because everyone can serve."  
-- Martin Luther King, Jr.

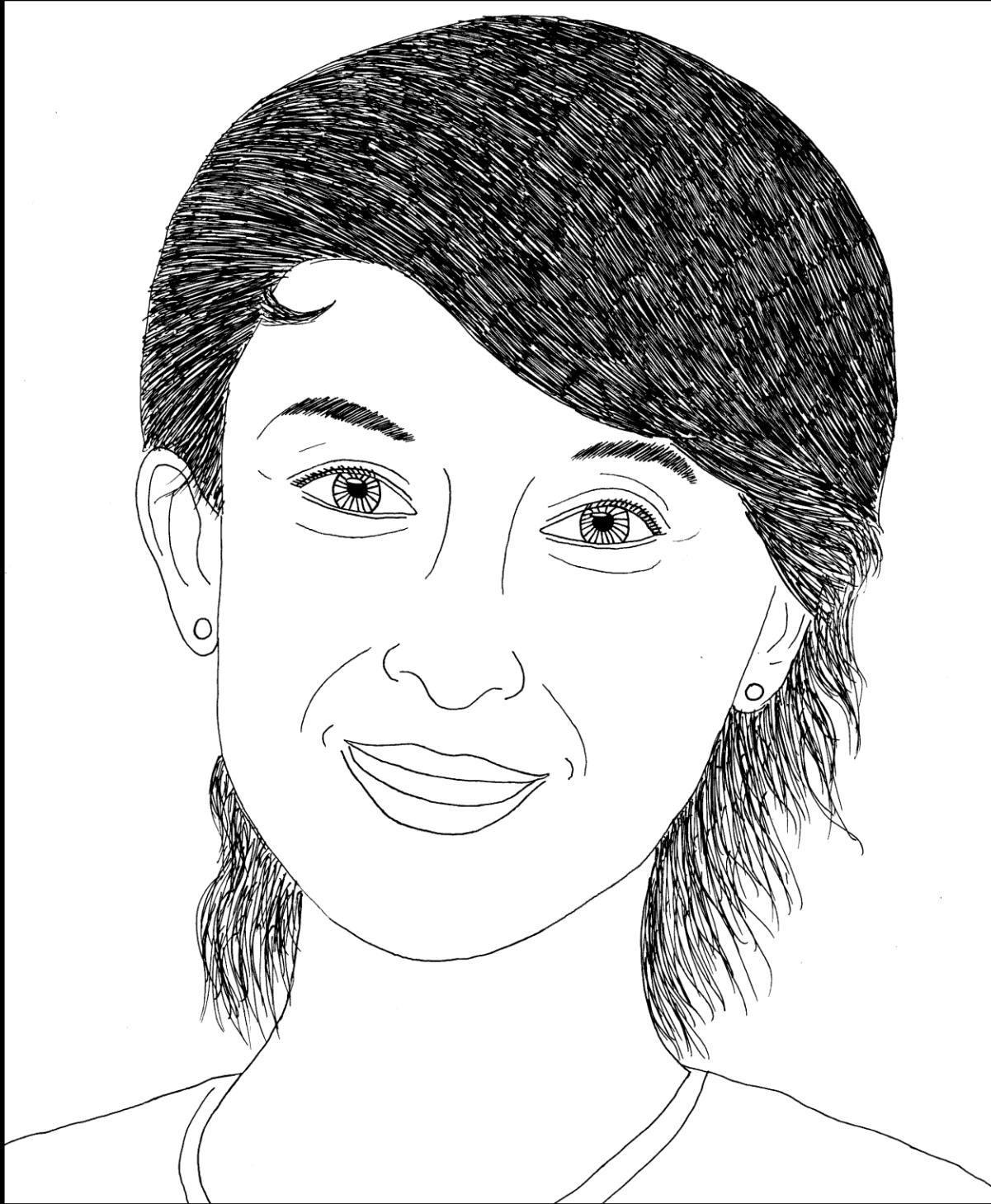
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**"I've always thought that the best solution for those who feel helpless is for them to help others."**

**-- Aung San Suu Kyi**

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"Why wouldn't I help? What good reason do I have as a human being with power and a sense of empathy and morality, why wouldn't I do something?"

-- John Legend

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"Every one of us can make a contribution. And quite often we are looking for the big things and forget that, wherever we are, we can make a contribution... just imagine what's happening if there are billions of people out there doing something. Just imagine the power of what we can do."

-- Wangari Maathai

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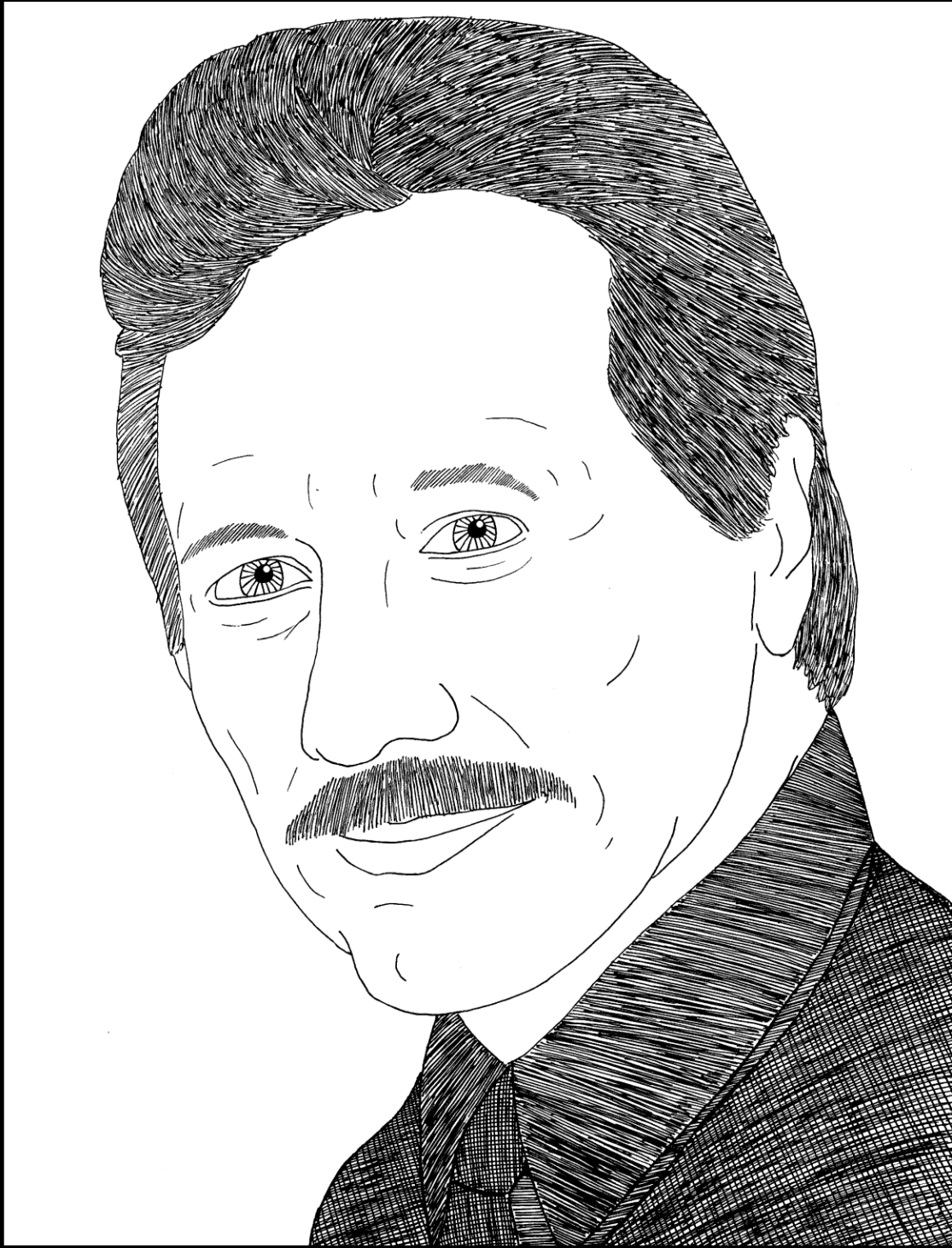
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"What volunteers bring is the human touch, the individual, caring approach that no government program, however well-meaning and well- executed, can deliver."

-- Edward James Olmos

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**"We are all part of the human family  
and we should be about doing what all good families do  
- caring for our less fortunate brothers and sisters."**

**-- Dan O'Neill**

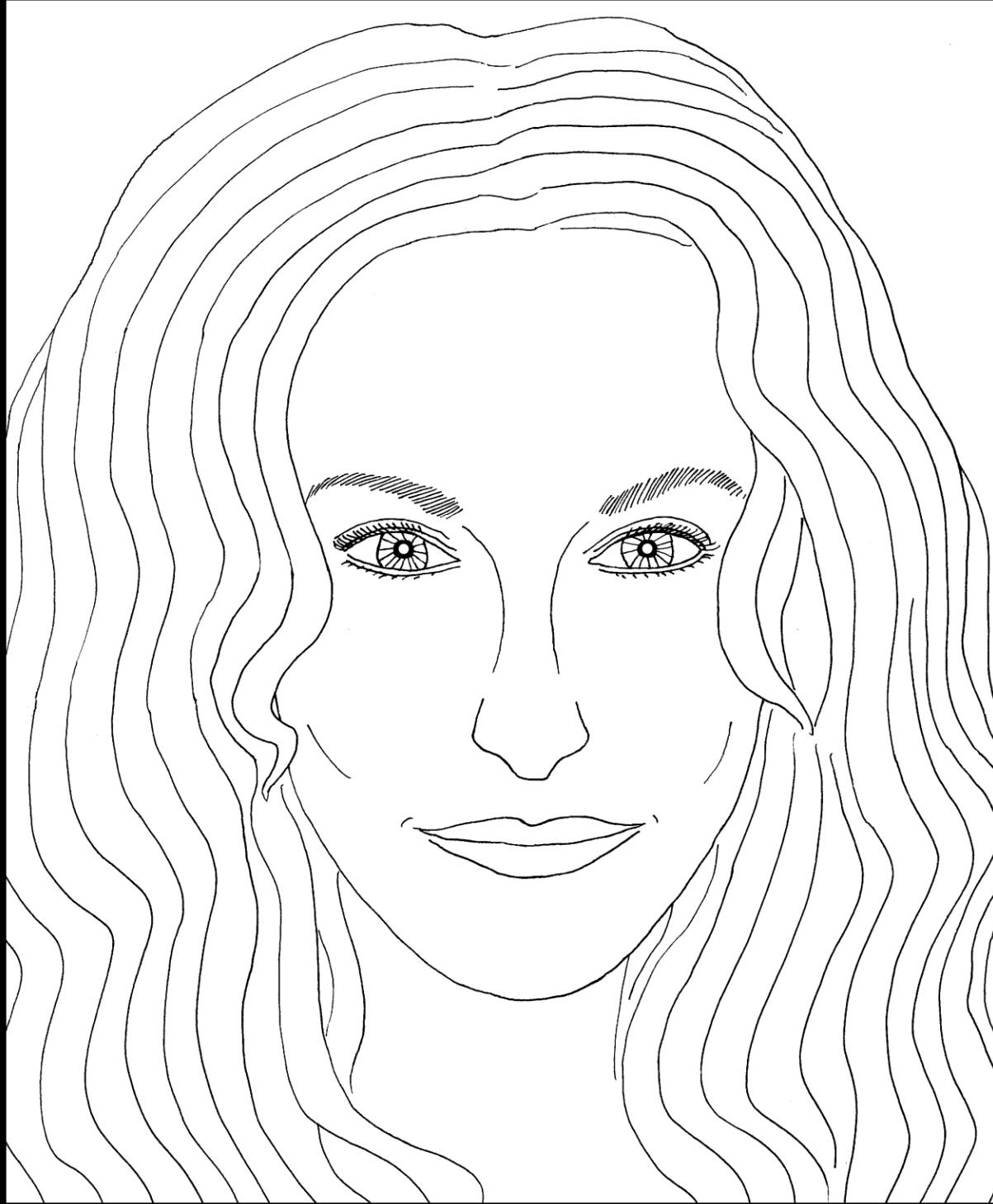
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**"My involvement with UNICEF is particularly important to me because it is UNICEF that introduced me to volunteerism, thereby helping me to set my own personal standard of contributing my time and giving back to others. Working on behalf of UNICEF's lifesaving efforts is one of my most valued roles."**

**-- Sarah Jessica Parker**

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# BE A HERO FOR A BETTER WORLD

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"If there is any kindness I can show, or any good thing I can do to any fellow being, let me do it now, and not deter or neglect it, as I shall not pass this way again."

-- William Penn

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"Our generation has the ability and the responsibility to make our ever-more connected world a more hopeful, stable and peaceful place."  
-- Natalie Portman

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"I feel the greatest reward for doing  
is the opportunity to do more."

-- Jonas Salk

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**"To know that once you decide to look at life outside of the narrow limits of just your world and start to understand that you can make a difference in very simple ways - in volunteering and all the way up to bigger world problems."**

**-- Susan Sarandon**

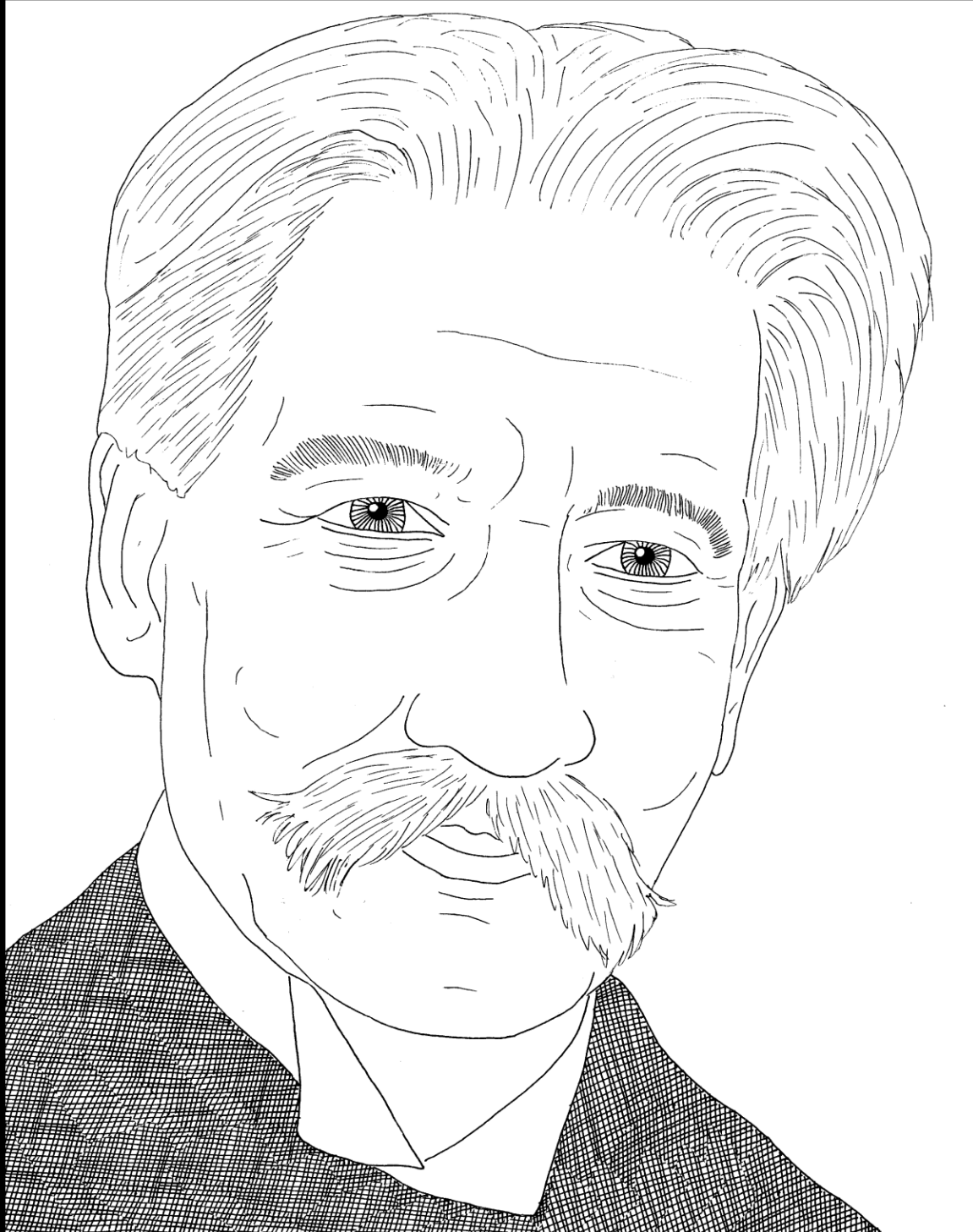
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**"I don't know what your destiny will be, but one thing I do know:  
The only ones among you who will be really happy  
are those who have sought and found how to serve."**

**-- Albert Schweitzer**

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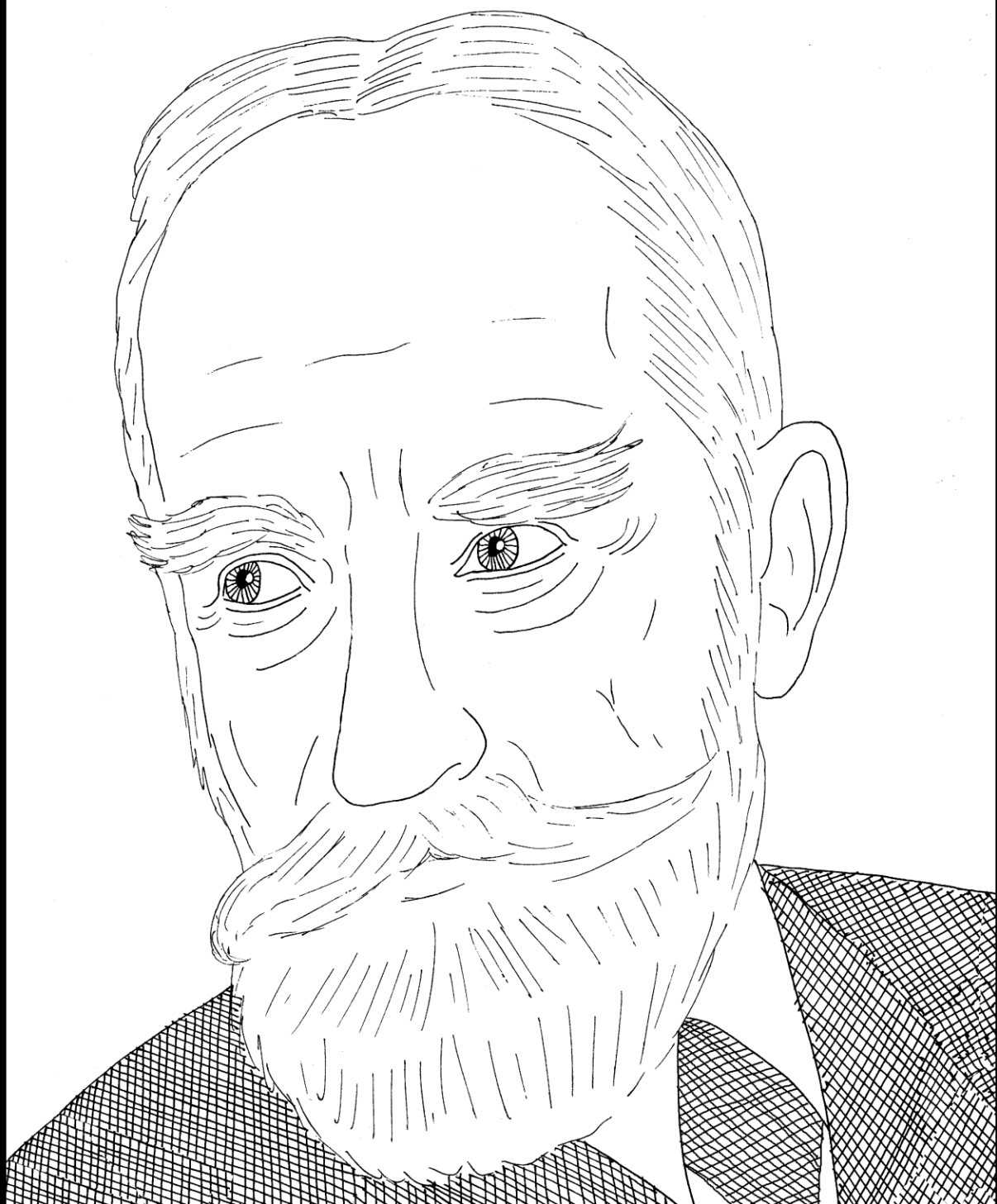
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**"I am of the opinion that my life belongs to the community...  
and as long as I live, it is my privilege to do for it whatever I can."  
-- George Bernard Shaw**

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**"I think service to others is the real key to winning our own personal freedom and the road to our own happiness, our own personal contentment and fulfillment."**

**-- Martin Sheen**

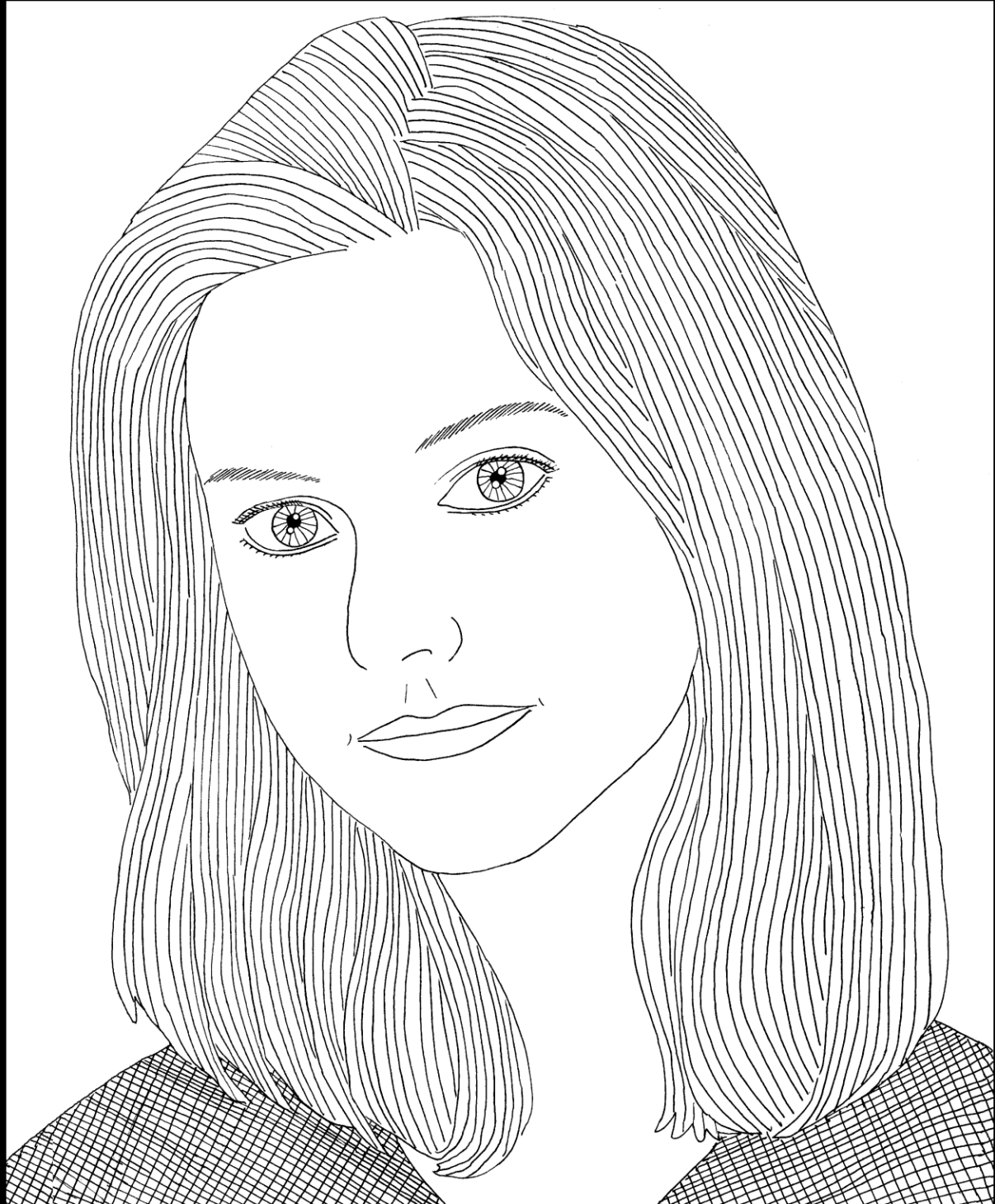
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**"It's important to see what we can do to make a difference,  
but it's more important to me to do it every single day."**

**-- Alicia Silverstone**

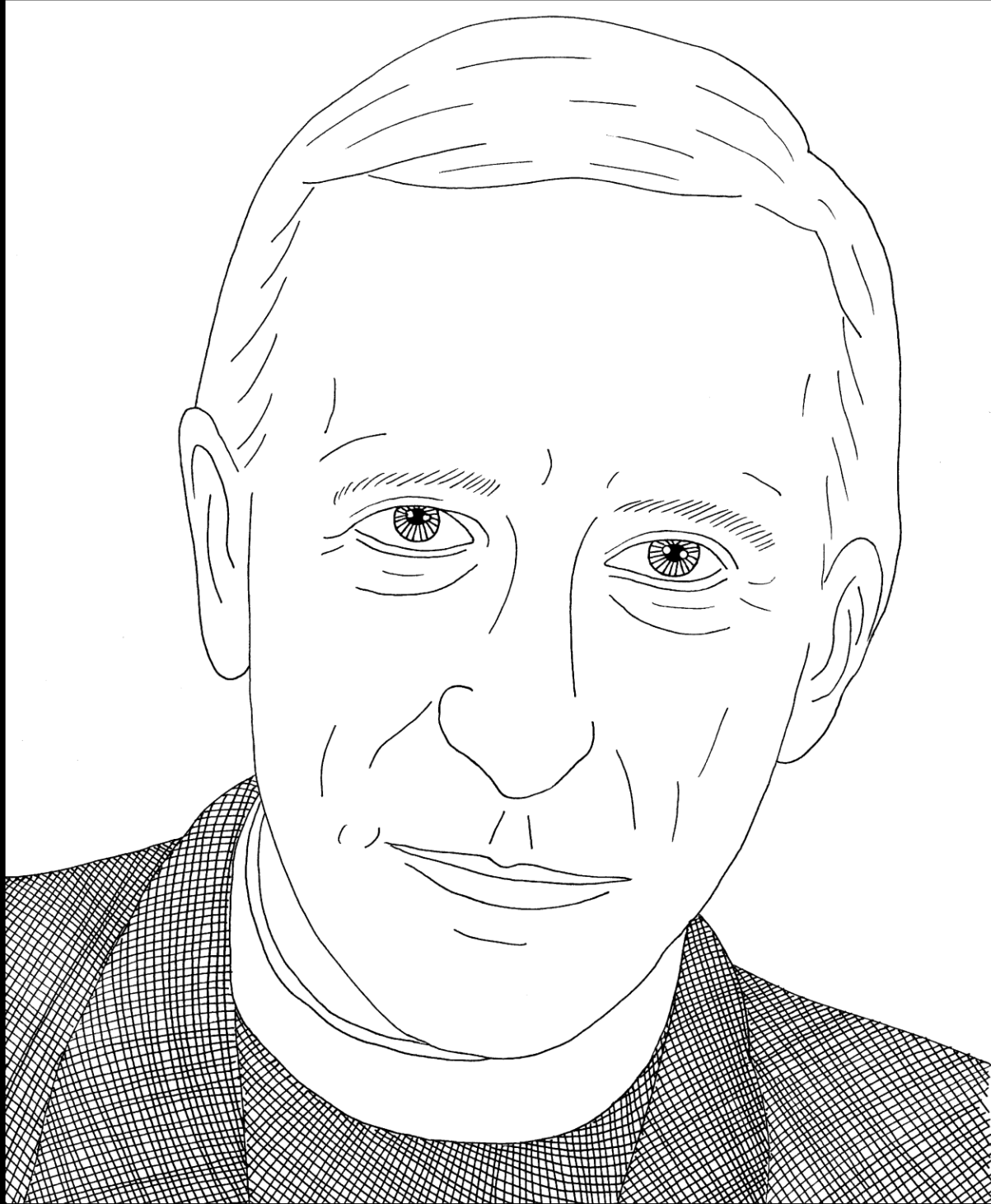
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**"The most satisfying thing in life is to have been able to give a large part of one's self to others."**

**-- Pierre Teilhard de Chardin**

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"It is not how much you do,  
but how much love you put in the doing."  
-- Mother Teresa

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**"I want a different world. One where I don't wake up thinking I'm so lucky to be able to feed my daughter, and able to give people a clean drink of water. I don't want images of starving babies at the breast in my mind. I want that to change. And if I want that, I had better do something about it."**  
-- Emma Thompson

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"Let ... individuals make the most of what God has given them,  
have their neighbors do the same,  
and then do all they can to serve each other."

-- Sojourner Truth

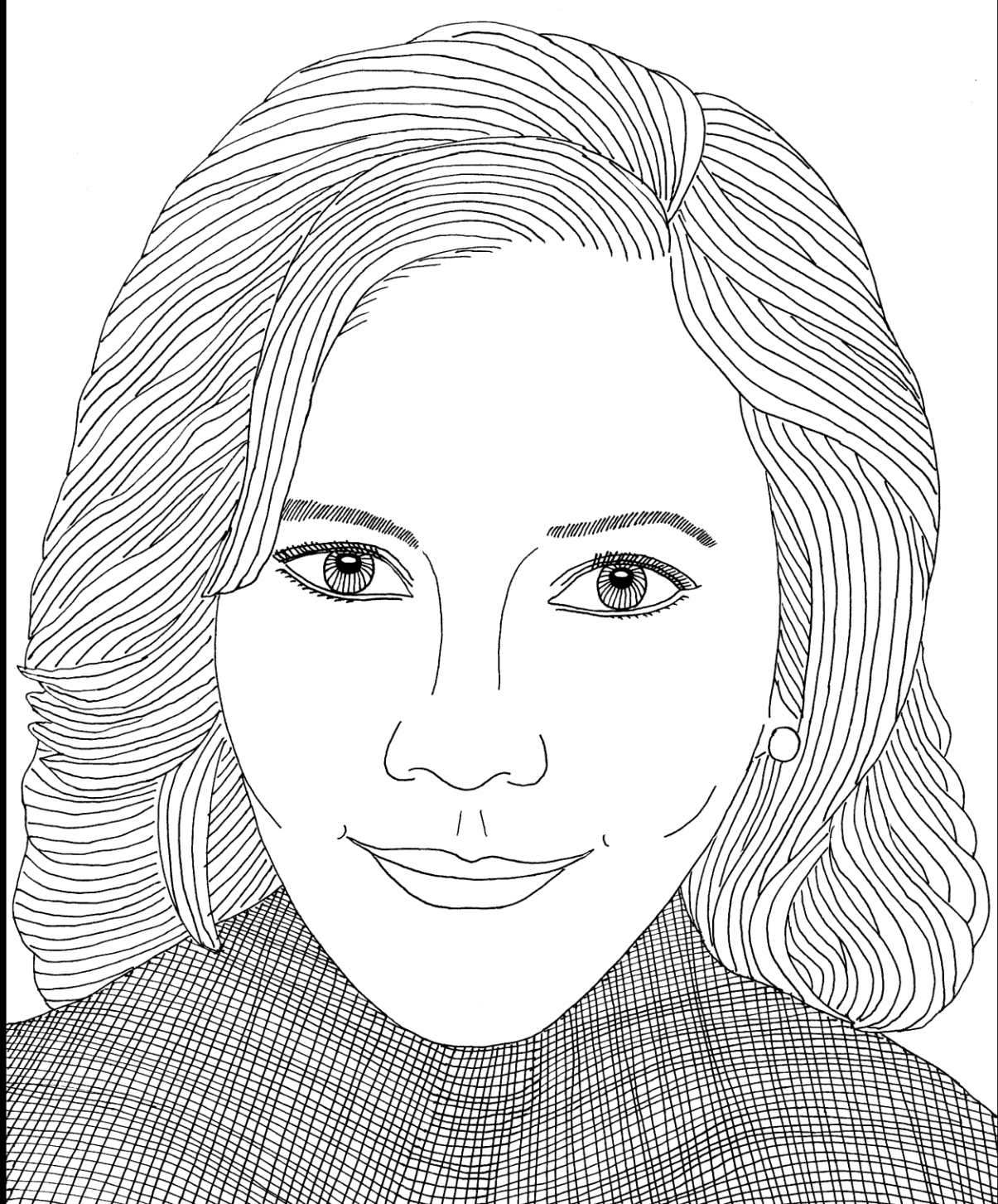
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**"Everyone must find a capacity in which they can serve,  
because we all benefit from society."**

**-- Kathleen Turner**

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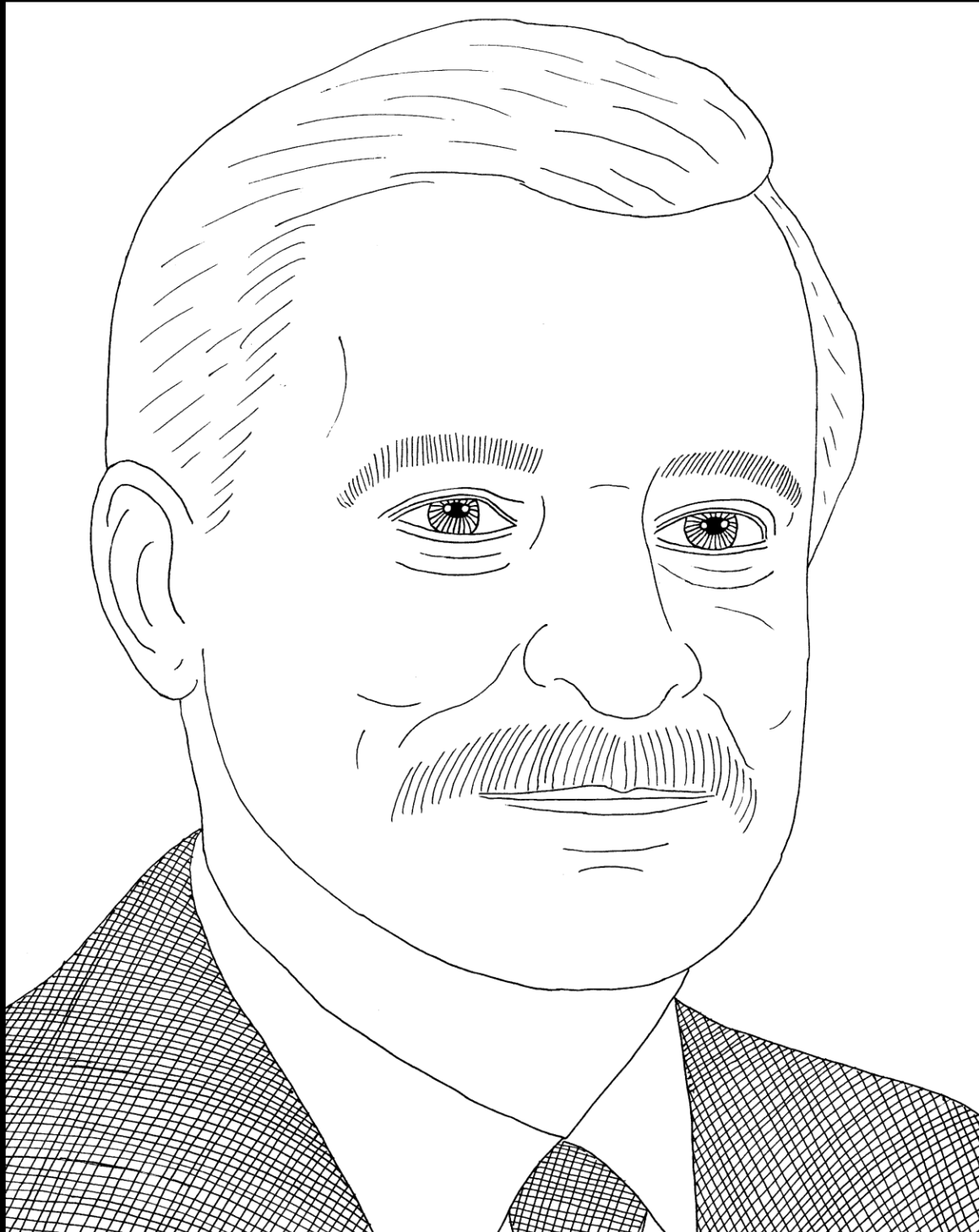
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**"The thing that lies at the foundation of positive change,  
the way I see it, is service to a fellow human being."**

**-- Lech Walesa**

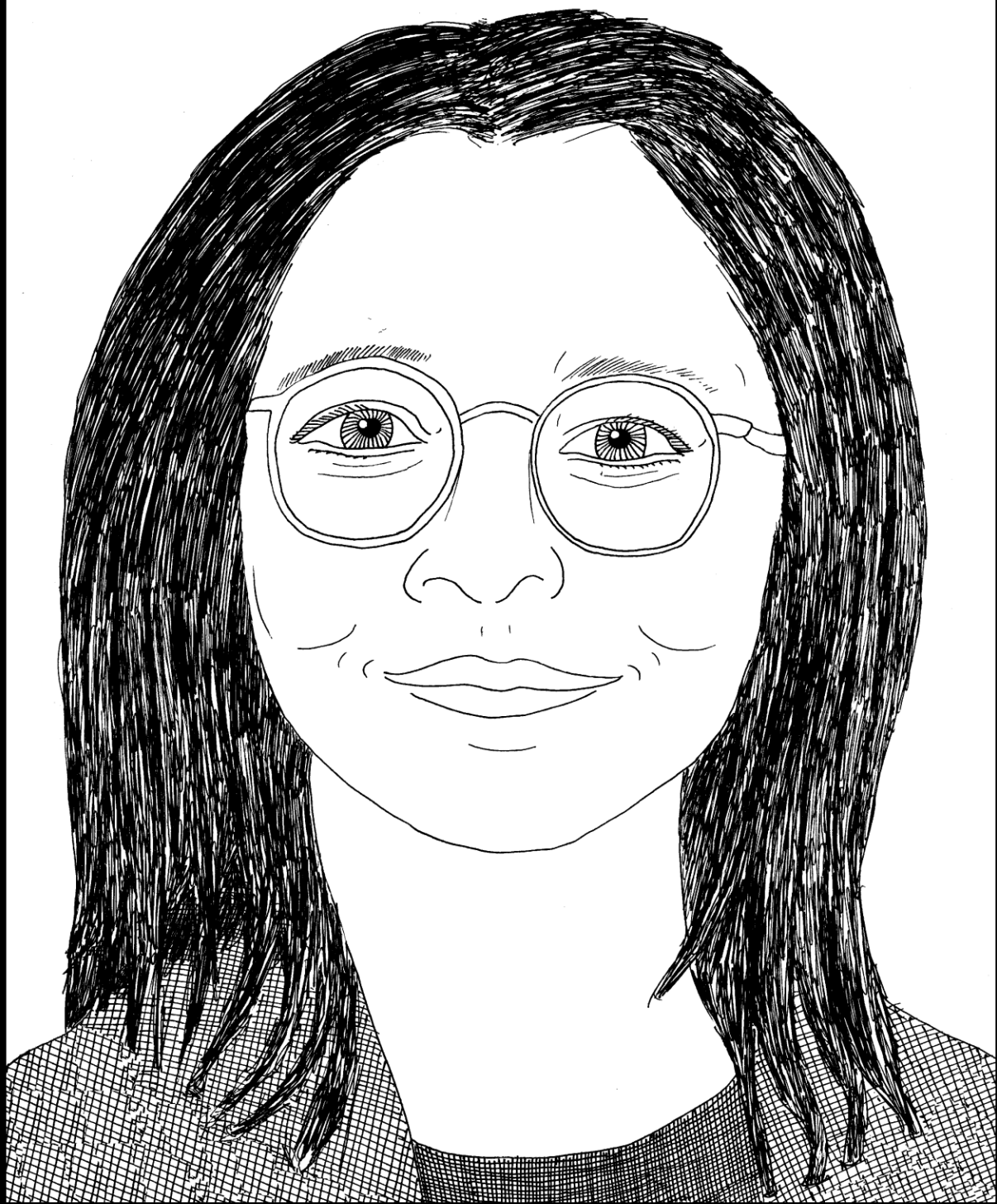
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**"Activism is the rent I pay for living on this planet."  
-- Alice Walker**

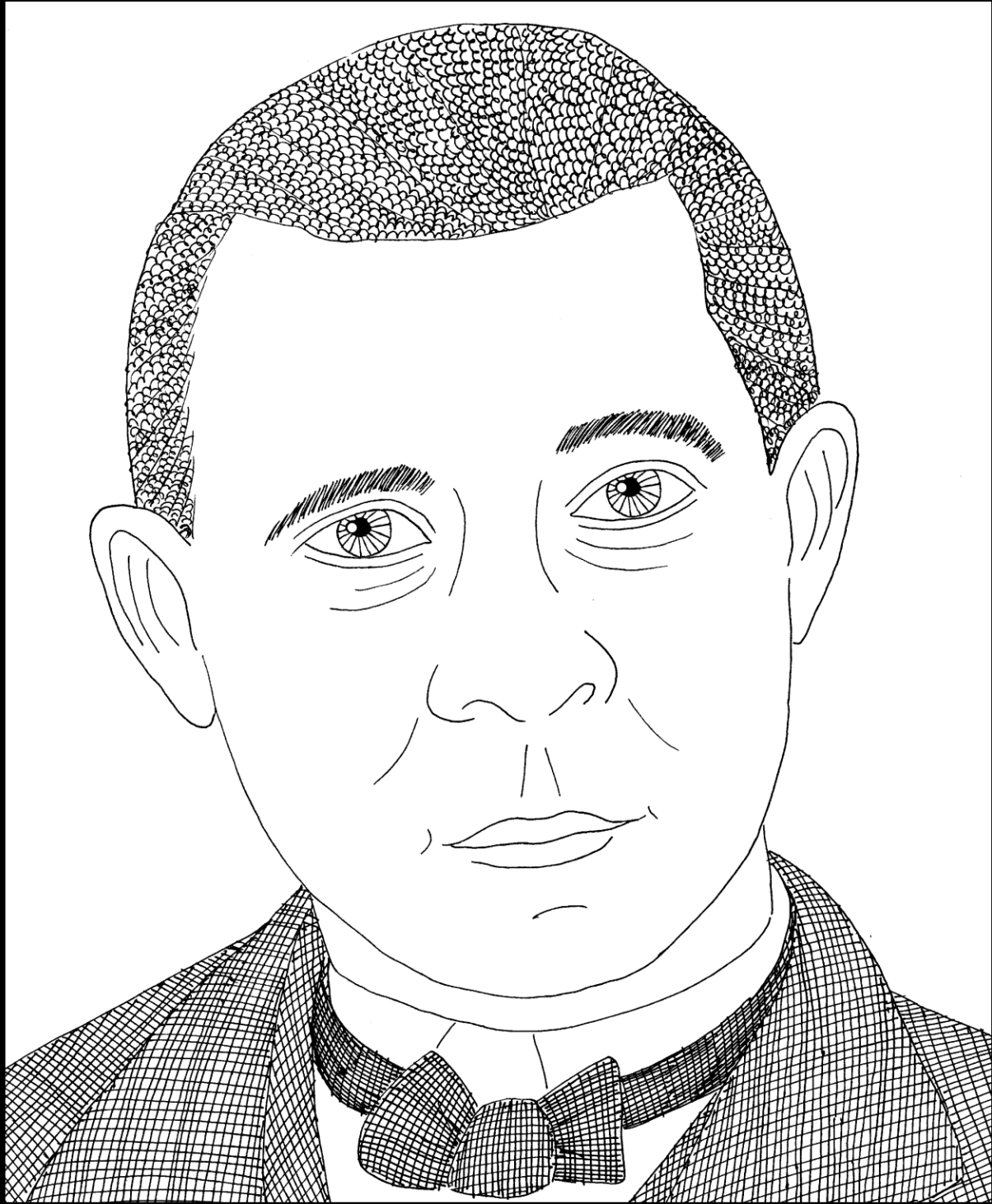
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"In proportion as one renders service he becomes great."  
-- Booker T. Washington

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**"My satisfaction comes from my  
commitment to advancing a better world."  
-- Faye Wattleton**

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"None of us alone can save the nation or world.  
But each of us can make a positive difference  
if we commit ourselves to do so."

-- Cornel West

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"In every community, there is work to be done.  
In every nation, there are wounds to heal.  
In every heart, there is the power to do it."

-- Marianne Williamson

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