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Make an impact with Kindness

What is an impact? We all impact people around us every day and people impact us in return. We make a conscious choice to make a positive impact or a negative one. We can do this many ways – from how we talk, look, dress. We can impact people by how we say something, write something, the sound of our voice, and the look on our face. I try very hard to make my impact on people positive!

One way to make an impact is through serving others. Service is a way you should live every day. It should not be an event in your life but should be just something that you just do, like it is a part of your personality. I have been taught to be the best person I can be, and to be good to others. I am proud when I can be a positive effect on someone's life, or make a difference in someone's life. I try to help others who are in need. For example there are two people in our parish who have been sick. As a family we make meals for them and send them cards, and deliver it to them. My parents taught me very early that service and helping others should be something that helps to say who I am and what kind of person I am.

I think it is important to be kind to people around me every day. Even when it is hard to be kind to someone, you should still do this. People can be very surprised and happy inside by the way you treat them, so I think it is important to be kind all the time, even when it is hard to do. One way to be kind and make an impact on someone is to just reach out to them. You can send an e-mail or a text to a friend you haven't talked to in a while. Or you can reach out to someone new and try to make a new friend. When you act in a friendly way, people will feel friendlier toward you, and you'll also feel more friendliness for other people. Having close friendships with other people is one of the ways that keeps me happy!

Another way to make an impact on people is to do a good deed. It is important to do things for people to help them. For example, when it snows I make sure that I shovel the driveway for my parents without being asked. I even shovel for my neighbor who lives alone so she does not have to go out in the cold. Not only is this a good deed but a part of service where we have been taught to do the right thing through providing service to others. We also make it a habit of helping others when they are going thru tough times as well. For example, we have a family that we are friends with that is going thru a tough time. I help my family make meals for them and deliver them to the family to help out. These are the kinds of things that I have been taught to do and I will carry with me for the rest of my life.

I also think it is important to try to make others happy. You can do this by listening to someone who needs to talk. Or maybe visiting with your grandparents and spending time with them. I like to go to see my great grandma in her nursing home and spend time with her because I think she gets lonely. It is nice to have a meal with her there or push her wheelchair around for her. Recently we picked her up and took her to visit with our family and she really appreciated it and loved to see everyone. On the other side of the family, my grandma was recently widowed. She is very lonely and I went out during Christmas time, when I knew she would be very lonely, and we spent the evening and the night with her and hopefully made her holiday season a little easier.

All of these things sound like things I do for other people but really it makes me just as happy as it does them. It makes me feel like I made a difference. It also makes me appreciate what I have and what I can do. There is a way in every day to help someone or serve others and I hope more people act this way. It is important for all of us in our community to support each other.

Sincerely, Jake McMahon