

Change Starts with You!

Mahatma Gandhi once said, "The best way to find yourself is to lose yourself in the service of others." I have been taught by my family to put others first. By putting others first, we are having a positive effect on their lives. I think that I have done that well in my life, especially when I make baby blankets for the mothers in need, take care of my grandma when she is in pain, help students after school with their schoolwork, and follow Mother Teresa and other inspiring people's examples..

A while ago I started to make baby blankets. I love to sew, and I love babies. I give these blankets as gifts to anyone I know that is having a baby. It always makes me happy when I make these blankets, because I know that people don't expect a fourteen year old girl to go out of her way to make them a blanket for their newborn child. I have many thank you letters that I have received after I have given these blankets as gifts. I can tell by their expression, kind words, and actions that people really appreciate my generosity towards them. I have started to make baby blankets to give expectant mothers in need. Even if I don't know who the person is, I am willing to do this because even the most simplest things can change someone's life forever.

Almost a year ago, my grandma broke her femur. Since the femur is the strongest bone in the human body, it is taking her a while to recover. She is still having tremendous pain. Ever since she had the incident where she broke her femur, we have taken a lot more care for her. She always asks me to "babysit" her when she

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needs chores done that she is physically unable to do. I am always happy to do this because I know how much pain she is going through. Whenever she asks me to do something that I really don't want to do, I just think about her pain, which has now spread to her whole leg. I offer my sacrifices for my grandmother and her pain.

I am very fortunate to go to a school that offers much help and support for students. Once a week, I stay after school to help a student with science. She does not understand most of the science that she is learning so I am helping her. I work with this student helping her find different ways to study, learn, and comprehend her science. I know that she really appreciates this because she has worked hard towards getting good grades on the science test. She has successfully gotten good grades on the tests that she has taken once I started working with her. She has written me a thank you card expressing her gratitude for being there to help and support her. I feel very blessed to be able to make a difference.

I try to be just like Mother Teresa. I was inspired by her at a young age. That is mostly because my middle name is Teresa, after her. When I received my Confirmation this past November, I chose Teresa as my Confirmation name. I am so inspired by her because of her love and her actions towards others. Mother Teresa had a great impact on others through her selflessness, generous actions and kind deeds. Mother Teresa said, "Not all of us can do great things. But we can do small things with great love." Mother Teresa wanted all of us to sacrifice our time, efforts, money, and other things in our lives to help those that are in need and those that are less fortunate than

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us. I try, and will continue to try, to base my life after Mother Teresa and her kind and unselfish deeds.

I think that service is a great opportunity for others and myself. It can affect everyone around us. Service helps us to grow as a person. As I like to remember, the most simplest things can change someone's life forever. Pablo Picasso once said, "The meaning of life is to find your gift. The purpose of life is to give it away." Remember, change starts with you!