



Weekly Discussion Guide

September 2017 Sample



September's Theme: *Hearts of Service*

Good day everyone. *Hearts of Service* is the theme for the month of September. Being of service to each other is as natural as breathing. We all have an innate urge to serve. No matter how big or small the service, it brings us, and the planet great joy. This week's beautiful article comes to us from Dennis Merritt Jones and is entitled ON A MISSION FROM **GOD**. You will find this article on page 84.

Much Love,

Eugene

Dr. Jones starts this amazing article with a great question. ***“What if your assignment on Earth is to be a vessel through which unconditional love flows in a manner that makes the world a better place?”*** Then, he invites us to ***“breathe deeply, because that is what it is.”***

That truly is a something to ponder. What if this is *really* why we are all here? Here's another question to ponder. What would your life look like, if you actually believed and knew this is why you are here? Would you do things differently? Would you see other people in a different light?

WHAT DOES SELFLESS SERVICE MEAN?

1. What does selfless service mean to you?

It has been said that selfless service is doing acts of kindness, etc. with no agenda or looking for anything in return for that service. Yes, we have heard that at some point in our lives. But how many of us actually do that? It can be a challenge not to look for a payoff of some sort for some service we have rendered.

However, Jones reminds us, "*Selfless service is an action that arises from within the heart of the individual (or group).*" And when this service comes from the heart, the only thing we may look for in return is the feeling of touching the life of another. Touching others in a positive way brings us joy because we are serving from the heart. Serving can also a great way to for us to move out of our own emotional and mental pain.

Jones puts it this way. "*Sometimes when we are in pain, the simple act of extending ourselves to others brings with it some instant relief, happiness and more so, a rediscovery of purpose and meaning, an understanding that who we are, and what we do with that knowledge of who we are, matters.*"

When we share our gifts and talents with the world, our inner light shines. And that light will and does attract to it all that is needed for further service. Jones invites us to go deeper. He writes, "*Serving others lifts us up and opens a portal through which we can step into a new awareness of what brings us happiness, meaning and purpose, irrespective of our age.*" Simply put, being of service brings us joy.

In the New Testament, in the book of Matthew, it is written, "*But he that is great among shall be your servant.*"

2. What can you do today to be of service?

Now, just in case there may be someone receiving this discussion guide feeling they are too old, or too young to serve, not to worry. It's never too late or too

early to serve. It's never too late to share your gifts. As Dennis Merritt Jones writes, *"The lesson for me was it is never too soon or too late to learn how to serve, and, therefore, it's never too soon or too late to honor and fulfill the contract you signed before you arrived on planet Earth."*

WHAT IS YOUR MISSION?

Dr. Dennis Merritt Jones provides us with a list of action steps we can all take that can assist in us fulfilling our mission from God. For your convenience, here is the list.

1. **Joyfully help** at home without being asked.
2. **Volunteer your time mentoring** a young person or an older person who is unable to go to school.
3. **Serve as a volunteer** at a local hospital, homeless shelter, hospice, eldercare facility or in your own spiritual community.
4. **While making dinner** for your family, mindfully remember that you are not just feeding them but serving them.
5. **While in line at the grocery store**, invite the person behind you with fewer items in his or her cart to go ahead of you.
6. **Allow someone else** to pull into that cherished parking spot.
7. **Make sure that no one gets injured** by picking up broken glass and nails along the sidewalk or road.
8. **Create a safe space** for a friend, spouse or child to vent their sadness, fear, frustration, disappointment or anger by listening nonjudgmentally.

May you day and your life be filled with joy, peace and abundant well-being,
Eugene

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