

# **COMMITMENT TO CHANGE**

INSIGHT, # 115, p. 5

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...Today there seems to be a heightened sense that our social fabric is fraying; that standard procedures and institutions are ineffective at solving problems; that individuals can make a difference. Whether it's due to frustration, a sense of duty, or some other reason, more people—particularly more young people—are responding to the need to volunteer by donating their time to a wide variety of charities and causes.

Allan Luk's research on volunteering revealed that when people become involved in helping someone in a state of need, they experience feelings that can be described as euphoric, and even addictive. In addition, they experience a tremendous feeling of self-worth.