

Giving, what does it mean, and what does it do for us? We, on the Mission Resource Team (MRT), actually read and study why people give and how giving varies across the generations. The research on giving is definitive in that generous giving occurs when individuals have personal connections with the individual or organization receiving the gift. The result for the individual giving the gift is JOY!

One only has to think of Christmas, children, parents, and grandparents to understand this aspect of giving. Who has not been moved to joy as children open their gifts from their parents, grandparents, aunts and uncles? That experience of joy on the part of children motivates the givers to be more generous.

I recently came across a TED talk that does a great job of explaining how giving works for an individual. Elizabeth Dunn is a researcher from University of British Columbia who studies giving and the effect of giving on the individuals doing the giving. At the end of this article will be the web link for Elizabeth Dunn's TED talk, "Helping Others Makes Us Happier, But It Matters How We Do It." Elizabeth Dunn's research suggests that our survival depends on our willingness to give to help others. The key ingredients to experience joy in giving are giving that is 1) related to a cause, 2) individuals are connected to the cause beyond just a donation, and 3) it is a choice to give.

Personal connections to the individual or the organization receiving the gift are critical for the person to experience the joy in giving. The research is conclusive! We need to give! An interesting result from Dunn's research was that giving generously increases joy and happiness equivalent to doubling one's personal income. By giving more, we get more Joy!

On a personal note, we have been involved with the confirmation program at Hope for the last five years. In May and June as the youth plan for their summer mission trips, it is with joy that we support the trips. It is easy because of the connections and the life changing effects it has for our youth.

What does this mean for us as members of Hope Lutheran? We need to be connected to each other and the ministries that Hope is committed to in our ministry plan. That means connecting with helping with worship, helping our youth, helping with Family Promise, helping with Sunday School, helping with quilting, helping with any of the programs here at Hope. We need members that are connected so that giving is a joy! We can see the results when we are connected and give generously. Enjoy the joy that comes from being connected and giving! The following is the link to the TED talk by Elizabeth Dunn, that provided the context and research for this note from MRT. Thanks to everyone at Hope that supports and is connected!

[https://www.ted.com/talks/elizabeth\\_dunn\\_helping\\_others\\_makes\\_us\\_happier\\_but\\_it\\_matters\\_h ow\\_we\\_do\\_it](https://www.ted.com/talks/elizabeth_dunn_helping_others_makes_us_happier_but_it_matters_h ow_we_do_it)

The following is a link to a similar concept on compassion and caring. In an obtuse way it is connected to giving. Giving of oneself to others with the gift of time.

<https://www.npr.org/sections/health-shots/2019/04/26/717272708/does-taking-time-for-compassion-make-doctors-better-at-their-jobs>