

You Are What You Support

What Do You See?

I took time recently to read a new magazine over the weekend--Radar. Pop culture, satyr, and extremely smart writing. Cool list of lists at the end, too--I'm a sucker for lists. One such collection of interesting info--Celebrity Spokespeople for Unglamorous Diseases (Lynda Carter--irritable bowel syndrome, Debbie Reynolds--incontinence, Jimmy cater--lazy eye). Causes these very public people no doubt feel passionate about. But tabloid-TV worthy fodder? I think not. Perhaps being seen isn't why the celebs picked these causes, would be my takeaway point.

Which led me to ask, what's important to me, whether anyone's watching or not? Swami's might say, the unglamorous stuff we choose to support in private is the stuff nearest and dearest to our hearts.

For me, it's volunteer caregiving through Stephen Ministry, Rainbows, and Grief Recovery groups. And training others to do the same. Hours spent that don't touch anything else in my world. There are no headlines or PR blitzes. But my soul sings when I'm following my calling to nurture, and when I do it well.

How about you? Spending time doing what feeds your soul lately? What's your secret, non-headline passion?

My advice, keep it close to your heart, whatever it is. Let it feed the part of you that needs to serve, and let go of whether anyone else sees.

Isn't it what you see that's important, anyway?