



**VOLUNTEER CENTER
OF NORTH TEXAS**

Deep In The Heart

The Newsletter for Volunteers in the North Texas Area - May 2009



**North Texas
Volunteer Challenge**
Benefiting the Volunteer Center of North Texas
Saturday, July 11, 2009
8 am to Noon
"Lend A Helping Hand To Make A Difference!"



[click here for details](#)



**Hands On
North Texas**

Volunteer/Agency Spotlight

Promise House: Youth Game Day!



Thank you to the volunteers who

Soul Adventures



"Volunteering is a true adventure for our souls because it provides ways for us to serve others and find purpose in today's busy and materialistic society. Helping others actually infuses our souls with a personal moral cleansing and gives us clarity of understanding of the world around us. Truly, volunteering is a soulful experience of the highest form."

Excerpt from Volunteering: 101 Ways You Can Improve the World and Your Life

by Douglas Lawson, Ph.D

Check out our HOT May volunteer opportunities

participated in Youth Game Day at Promise House on April 18.

Promise House

"embraces homeless, runaway teens, giving them needed support, encouragement and hope to live a better life."

Promise House offers emergency shelter, transitional living, pregnant and parenting teen services, counseling, substance abuse prevention and education, street outreach and educational intervention.

Volunteers interacted with teens and toddlers during a pizza lunch. They played card and board games and assisted with youth t-shirt painting.

A little quality time can go a long way in the life of a teen!

Important Links

[Hands On North Texas](#)

[The Volunteer Center](#)

[Questions/Comments?](#)

The Hands On North Texas Team

[Charlotte Graves](#)

Program Manager

214.826.6767, ext. 234

[HERE!](#)

HONT Managed Projects

Friday, May 1, 2009 (10 a.m. - 2 p.m.) - [Science Lab](#)

[Breakdown](#): The Museum of Nature and Science has an old science lab that is no longer in use! **Volunteers are needed to help breakdown and throw away equipment that can no longer be used.** Bring your friends along to help the museum clear the way for new and exciting programs!

Saturday, May 16, 2009 (9 a.m. - 12 p.m.) - [Help to Feed the Hungry](#):

Join us at the North Texas Food Bank for a day of service! Help feed the hungry by boxing and sorting food for distribution to pantries across the Dallas area. Youth volunteers, 10 and up, are welcome with an accompanying adult.

Saturday, May 23, 2009 (9 a.m. - 1 p.m.) - [Memorial](#)

[Weekend Cleanup](#): Help Eastside Ministries clean up their facilities! **Volunteers will help with general cleaning and shelf stocking.** Volunteers may also help with backyard cleaning if weather permits.

Saturday, May 30, 2009 (9 a.m. - 12 p.m.) - [CSL Upkeep](#)

[Day](#): The Center for Spiritual Living (CSL) of Dallas is a center where people from all spiritual paths are nourished, lifted and filled with love and joy. Join us for a general "Maintenance and Upkeep Day!" **Volunteers will clean and spray paint outdoor furniture; clean, sand and repaint stair rails; and clean and organize classrooms, closets and offices, if time permits.**

As you are browsing the Hands On North Texas (HONT) project calendar via our website in the weeks ahead, **look for the projects highlighted in GREEN.** These are our HONT managed projects. Volunteering for these projects are a great way to get involved in helping out a diverse set of nonprofits in the Dallas, Tarrant, Collin and Denton counties.



May Project Round-Up

[Jamie Ernst](#)

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[Join Our Mailing List!](#)

Collin/Denton County

Featured Projects

Every Monday (9 a.m. - 1 p.m.) - [Classroom Helpers](#): My Possibilities is a nonprofit agency that serves adults with disabilities. They provide a day program that encourages lifelong learning, independence and pre-vocational skills building in a safe and nurturing environment. Volunteers will assist staff in the classrooms and work directly with the HIPsters (Hugely Important People).

Every Saturday (9 a.m. - 4 p.m.) - [Cleaning Stalls](#):

Equest® is an internationally recognized nonprofit that provides physical therapy using horses for children and adults with all types of disabilities and learning differences. Volunteers are needed to clean the horse stalls. Volunteers can show up anytime between 7 a.m. - 9 a.m. and stay anytime until 4 p.m. Youth, ages 12 & 13, are welcome to attend with an adult.

Dallas County

Featured Projects

Every Monday (9 a.m. - 12 p.m.) - [Newspaper Editors](#):

Reading & Radio Resource is dedicated to providing alternatives to reading for those who are visually or physically disabled and/or learning differenced. Volunteers are needed to select, cut out, and format articles from the *Dallas Morning News* and *Fort Worth Star Telegram* for readers who will record the daily news show over North Texas Radio for the blind.

Every Monday (12:30 p.m. - 3:30 p.m.) - [Job Counselors](#):

North Dallas Shared Ministries seeks volunteers to help assess employment goals, identify job opportunities, prepare resumes and set up job interviews for their clients.

Tarrant County

Featured Projects

Mondays (6:15 p.m. - 9:15 p.m.), Wednesdays (4:45 p.m. - 7:45 p.m.) and Saturdays (12:45 p.m. - 3:45 p.m.) -

Side Walker/Leader: Wings of Hope Equitherapy provides quality equine-assisted activities to children and adults with disabilities. Volunteers will groom and tack horses as well as warm-up horses before the classes. Volunteers will also lead horses around in the arena or trail during lessons.

Every Friday (8:45 a.m. - 11:15 a.m.) - Linen Sisters: The Arlington Life Shelter shepherds homeless men, women and children towards a lifestyle of self-sufficiency. Become a "Linen Sister" by washing and folding shelter linens on Friday mornings.

Please forward this email to 5 contacts to help spread the word!

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