

December third, the Tuesday following Thanksgiving is Giving Tuesday

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December third, the Tuesday following Thanksgiving, is known as the National Day of Giving or "Giving Tuesday."

Giving Tuesday was founded in 2012 by the 92nd Street Young Men's and Young Women's Hebrew Association in collaboration with the United Nations. This day was created as a simple way to encourage people to do good. It took off as a global movement and even became its own organization, GivingTuesday, established in July 2019. Since then, thousands have shared on social media their efforts for GivingTuesday, #GivingTuesday.



Often times in life, it's easy to focus only on what's relevant to the self -- my career, my friends, my family, etc. There are many demands placed on us that it is easy to forget to give to others. When we do, however, we often find the fulfillment we are longing for. Dr. Hak Ja Han Moon, the Mother of Peace and co-founder of the Family Federation for World Peace and Unification (FFWPU), once said, "Happiness grows the more you share it."

Giving to another can be done in many different ways, and is most impactful when it is centered on what the other person needs. The question we should ask ourselves, centered on this person, is how can I give? Is what they need money, knowledge, companionship? Below are some ideas to inspire how you can give this Giving Tuesday.



Invite a coworker out for lunch

Taking the time to connect with those around you opens doors to what's going on in their lives. Sharing a perspective can shift a person's view on certain areas he or she may be struggling in. If anything, good food is always a way to celebrate with those around you, because, as Rev. Dr. Sun Myung Moon, co-founder of FFWPU, once said, "Food is love."

Host a self-help study group

Truth and learning is something that helps clear our minds, and it increases our capacity to embrace the situations in our lives. Pick a book on a topic of interest -- physical health, prayer, relationships, etc. -- and invite some friends to study together. You might be surprised to see what conversations take place!



Initiate a fundraiser to help someone in need

Money is one thing that everyone needs, and oftentimes to a person in need it means the world. Initiate an online fundraiser to give to a specific person, event or cause. You can inspire those around you to give as well!

Whatever you decide to do on Giving Tuesday, make it a point to share it with others. There is something unique and inspiring about hearing a story of good will, and it moves others to think of ways they can give on the National Day of Giving!