

(No. 7) Love is Selfless

Last weekend, I joined a charity event with my schoolteacher and schoolmates. That was a hot sunny day, everything seemed burning. The event was about handing out lunch boxes to the elderly and homeless in Sham Shui Po. This simple activity however taught me an unusual moral lesson.

Before the meal arrived, many people had already lined up to wait for their lunch. The queue was so long that the ready-to-serve meal was not enough for all people. The lunchboxes were out of stock in a few seconds. People who could not get the lunchbox felt very disappointed, but we couldn't do anything, so we just packed up. Just when we were about to leave, a man who dressed very poorly almost fainted while walking towards us. The man begged us to give him some food. I told the man that we didn't have any more lunchboxes and so we could not help with his lunch at this moment. The man told us that he had already starved for two days, 'If I could not get a lunchbox now, I would collapse.' He wanted us to save him. Before we could figure out how to get him some food, an old man nearby volunteered to give him his lunchbox.

I stopped the old man and told him that we would figure out how to get the man a lunchbox in no time, 'you don't need to sacrifice your lunch.' He said he didn't mind giving away his lunch to save others. I asked him why he would help a stranger without a second thought, he told me although the lunch was his, he would not mind giving it to more needy people. For him, the lunchbox could only fill his stomach for a while, but it could save a man of his life and make him feel good to be able to share his possession to the needy. If the lunchbox could be used for a more valuable purpose, why would he do otherwise? This conversation

made me reflect on my cruelty. Why could the old man sacrifice all his to help a stranger, but I cannot. I own more than the old man does but I never help others in need, not even giving them one dollar. I felt ashamed of my selfishness. Although I joined this event, my aim was not to help others but only for a better record on my report card. I realized that helping people is not hard, sometimes some simple actions like a hug or a greeting can already bring others a lot of warmth.

After the man finished his lunchbox, he felt better and regained his energy. The man thanked the old man. When the activity ended, our stomachs started rumbling, our teacher decided to treat us and the old man to lunch together.

I appreciate the selflessness of the old man because he sacrificed his all to help a stranger without any doubt. He also teaches me that helping someone may not be some great action or deed, it can be just something simple.

If we are willing to do more, we will still give others a lot of warmth. From now on, I need to contribute more to help others, giving them warmth, making this place a much better place that we are proud of.