



# A LAZY GUIDE TO VOLUNTEERING

*Feel like giving back this holiday season? Four non-profits that could use your gift of time — no waiting required.*

Recently, I was talking with a friend about funny things that have happened to me while volunteering. For example, there was that time a gust of wind swept a giant Styrofoam crucifix out of someone's hands and into my head. It knocked me down, and needless to say, kept me in the line of fire for some pretty amazing jokes. Ashamedly, it has been too long since I last donated time to a good cause, and getting back on the wagon can be intimidating.

Discussing the topic of volunteering with friends has revealed something interesting. In my age group of 25-35 year olds there are rampant excuses, and loads of misinformation leading to a lack of action in our community. Asking around I hear a lot of the same things.

"I hear there's a huge waiting list to volunteer there, and it requires a lot of hours. It's basically like having a job."

Okay, in my research for this, none of the places I contacted had a waiting list to volunteer. If for some reason you come across an organization that miraculously has too many hands trying to work for free, move on to the next one. Most of the groups I spoke with would love to have more volunteers, and offer time commitments at many different levels.

Here are my top picks for easy-approach quick-turnaround volunteering.

HANDS ON GREATER PORTLAND | [HANDSONPORTLAND.ORG](http://HANDSONPORTLAND.ORG)

This is a wonderful organization. Go to the website and click on "Ways to Volunteer." You can read a brief explanation on how it all works, and yes, 2 - 4 hour single time commitments are even possible. There's no experience required for some of their opportunities, and the whole process is positive from beginning to end.

They work with too many organizations to list, but seniors, cats, bikes, kids, and queers are all there. For opportunities working with vulnerable members of our community (i.e. kids and seniors) expect a background check. Keeping them safe from harm is a top priority.

VOLUNTEERMATCH | [VOLUNTEERMATCH.ORG](http://VOLUNTEERMATCH.ORG)

The more I time I spend on their site, the more of a "wow" factor I feel. Basically, their whole purpose is to make