



**Joseph's  
Coat**

# Joseph's Coat

FALL 2015

## Giving as a Matter of Habit

### **Shopping Hours:**

Monday and  
Wednesday 9:00 -  
12:00 and 1:00-  
4:30

### **Donation Hours:**

Tuesday and  
Thursday 9:00 -  
2:00

**FINANCIAL  
SUPPORT IS FULLY  
TAX DEDUCTIBLE.**

**WE DO NOT  
PUBLISH, SELL,  
TRADE OR RENT  
DONOR  
INFORMATION.**

We, the staff and volunteers at Joseph's Coat, love giving quality clothing, household goods and personal hygiene items to our clients. The volunteers (more than 130 of us), enjoy giving of our time and talents, whether unloading vehicles, sorting and displaying the thousands of items received on donation days, or assisting shoppers.

Personally, I am often moved and overwhelmed by the kindness, goodness and generosity of the staff and volunteers, some who have been here for more than 20 years. I find it extraordinary that these people give freely of their time, talents and even money. Where does this kindness, goodness and generosity come from? Is it their "second nature" simply to give so unselfishly? Or is it something altogether different?

Now, let's talk about all of you wonderful, thoughtful and caring people who lovingly donate to Joseph's Coat. Without your kindness and giving so unselfishly of

your possessions, Joseph's Coat would simply not exist as an organization—leaving our thousands of clients searching elsewhere for the things that they need.

Once again, I am overwhelmed on donation days with the sheer volume and quality of the donations themselves. Joseph's Coat does not

track the amount of goods received, so this is just an educated guess, but it would not surprise me in the least if the total weight of goods received was somewhere between one and two tons a day! It's mind-boggling to walk into the store on a donation day and see a mountain of goods waiting to be sorted, or to look into the warehouse where our overstock is kept. Those of you who have witnessed this firsthand know of what I speak.

Many of our donations come from churches, church groups or other organizations whose primary purpose



for existing is to help, but this represents only a portion of those who give. My experience after volunteering for nine months is that it is the many individuals and families—just regular people—who simply are "friends" of Joseph's Coat because they know that their donations will be given, not sold, to those in need. I can tell you firsthand that when I am helping out by unloading a car, rarely a minute goes by before another vehicle pulls up with yet another donation. Again, I ask you: where does this kindness and gen-

*Cont'd on back*

## A Few Notes...

- ◆ We cannot accept: TV sets, hangers (plastic or wire), sharp knives, adult diapers (such as Depends), medical equipment, inoperable small appliances, telephones or electronics and used cosmetics
- ◆ We need women's feminine products (tampons and sanitary pads), toothbrushes, travel size shampoo, conditioner, body wash and toothpaste, full size shampoo, lotion, conditioner and body wash.
- ◆ We are now accepting Fall and Winter clothing



## Giving (cont'd.)

erosity come from? Is it their second nature? Or is it something else altogether?

Not long ago I read a book titled: "The Power of Habit: Why We Do What We Do in Life and Business" which has significantly changed the way I now lead my life. I highly recommend it. In short, the book details many of the things we do as humans every day; such mundane things as when we wake up, when we go to work, what we eat, how we play, what we spend money on, what we do with our free time, etc... not as a decision to be made, though we subconsciously make 100's if not 1000's a day, but as a matter of habit. The gist is this: because we make the same decisions every day,



over and over again, sometimes for years, these decisions become so ingrained, so natural so-to speak, so "second nature" that they become habit. The decision making process has been removed and has been replaced with what is now a natural act or behavior. It is called a habit.

I believe that everyone has it in their nature to give, though not all do so. So why do some give and some don't? The answer is because it's a matter of habit. Joseph's Coat has existed as a highly successful organization for over 25 years because of the good giving habits of its staff, volunteers and the thousands who have donated. Giving for these people is second nature because they have made it one of their habits to give. They give without making the con-

science decision to do so and a natural behavior takes over. It has become "second nature," in fact their true nature.

I have never really considered myself a giving person. I have never volunteered before starting at Joseph's Coat. I had developed the bad habits of literally doing nothing, sleeping in late, and watching a whole lot of TV. Now, I am doing something, lots of things in fact, I am waking up early now, and my hours in front of the TV have diminished dramatically. I have replaced three not so good habits with one remarkable one, giving, and I feel wonderful! It is indeed more blessed to give, than to receive! So keep on giving, if it's not a habit now it soon will be!

*Daniel Verner*

*Volunteer, Joseph's Coat of St. Paul*

**Please consider making a tax deductible financial contribution to help sustain our work.**

If you do not wish to receive this newsletter, please put your mailing address label in the enclosed self-addressed envelope and mail it back to us. Thank you.