



# SERVING COMMUNITY

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Finding meaning in your work is not always easy especially for veterans because it is difficult to find anything that compares to the comradery and commitment to the greater good that is instilled by the armed forces. Trail work in the wilderness with fellow veterans like what I recently experienced with Source One Serenity can refresh the soul and rekindle a sense of meaning for several reasons.

First, just being around people that don't need long explanations about how you perceive the world and function in our society after the military can validate our common struggle.

Second, being in wild nature with a purpose, cut off from the hustle and bustle of anxiety-ridden humanity, seems to relieve us of the constant reminder of the dangers posed by humanity that we first learned in the war and continually experience in implicit ways.

Third, although many veterans will never again experience meaning in their lives like that felt in the service there are ways that we can experience a small measure of purpose and accomplishment in community service.

For me contributing to trails work allows veterans and other members of our society to get out and experience the healing power of nature in ways that might not be possible if these trails did not exist. I find meaning in sweating and straining in manual labor across from other veterans who find purpose in hard work that ultimately benefits the greater good of our community