POWER TRIPS INC.
Empowering Communities

336 HOURS
GO. SEE. AND DO!

Power Hours

Photo by Elizabeth Nolan

"You have two hands. One to help yourself.
The second to help others."

- Unknown

"The course of human history is determined, not by what happens in the skies, but what takes place in our hearts."

- Sir Arthur Keith

"If you can't feed a hundred people, then feed just one."

- Mother Teresa

"Do what you can, for whomever you can, with whatever you have, and wherever you are."

"You have given me motivation and inspiration to continue this kind of work. I learned how lucky I am by the grace of God. I learned to appreciate life much more."

"Bonding with kids were my most memorable moments."

"It's ironic that such a beautiful island could suffer from such poverty. Even though we spent a lot of our time in some of the most poverty stricken areas, I was amazed at the fact that I could still find the natural beauty of the island in just about every place we were."

"Those children who seemed to have nothing taught me to be happier for all that I have."

"A rush – amazing to watch a group of individuals become a team with a common goal."

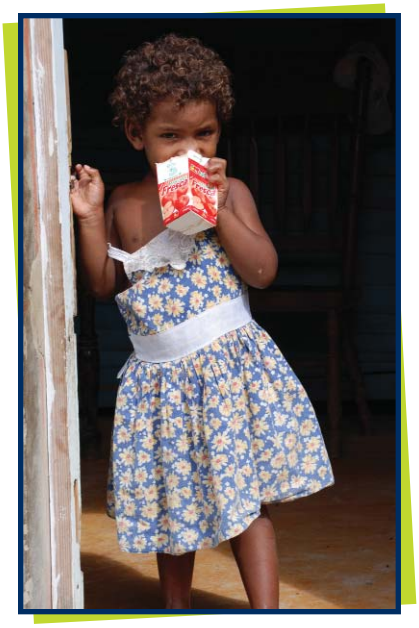
"I learned that time doesn't always matter – that you should live in the moment."

"Kindness is more important than wisdom, and the recognition of this is the beginning of wisdom."

- Theodore Isaac Rubin

"A hug is a great gift, one size fits all. It can be given for any occasion and it's easy to exchange."

"The sights, the sounds and the smells are now part of me and I take them with me wherever I go..."



"I've changed because I have a new perspective on my life. I am very fortunate and I know that because I'm fortunate it is my responsibility to reach out to others and be the difference."

"I feel empowered. I learned that small things can make a huge difference and was inspired by that."

"I realized the importance of a waste management system and sewage systems. Everyone in our lives tends to take these simple things for granted."

"Come in with an open mind, live in the moment, and enjoy it!"

"Seize the day – live in the moment – there is always a gift to be received!"

"If my hands are fully occupied in holding on to something, I can neither give nor receive."