

Works of Mercy--Service Reflection

The Corporal Works of Mercy are found in the [teachings of Jesus](#) and give us a model for how we should treat all others, as if they were Christ in disguise. They "are charitable actions by which we help our neighbors in their bodily needs" ([USCCA](#)). They respond to the basic needs of humanity as we journey together through this life.

The seven Corporal Works of Mercy are listed below. After each work of mercy there are also suggestions and words of advice for living them out in our daily lives.

As an individual or as a family (or a combination of both) it is asked you complete all 7 Corporal Works of Mercy as a part of your Confirmation preparation. **Please turn in all of your reflection forms by March 31st, 2018.**

Work of Mercy: Feed the Hungry

There are many people in this world who go without food. When so much of our food goes to waste, consider how good stewardship practices of your own food habits can benefit others who do not have those same resources

Ideas:

- volunteer to help feed dinner at a homeless shelter (ex: Father Carr's Place 2B, Oshkosh/Homeless Connections, Appleton)
- Volunteer at a food pantry (ex: St. Joseph's, Menasha, Father Carr's Place 2B, Oshkosh)
- Donate to a Thanksgiving or Christmas food drive so everyone can have something to eat.
- Research, identify and contribute financially to organizations that serve the hungry. (ex. Operation Rice Bowl)
- Volunteer to serve at Porkie and Pancake breakfasts at our parish or with coffee/donuts after weekend Masses or a Fish Fry during Lent
- Contact our Social Concerns Group at St. Gabriel and volunteer to help at the Community Dinner they sponsor.
- Volunteer for "Feeding America" or "Feed my Starving Children"

Reflection:

How did you perform this Work of Mercy?

Date served: _____

Signature of Supervisor: _____

Title: _____

Please explain this experience.

How did you see Christ in those you served/interacted with? How did you feel you were acting as Christ's hands and feet through this experience?

Work of Mercy: Give drink to the thirsty

Many of our brothers and sisters in Christ do not have access to clean water and suffer from the lack of this basic necessity. We should support the efforts of those working towards greater accessibility of this essential resource.

Ideas:

- volunteer to help at a local marathon/5k run and hand out water to runners
- We take it for granted that we have access to clean water. **Donate(<http://www.crs.org/>)** to help build wells for water for those in need
- Contact our Social Concerns Group at St. Gabriel and volunteer to help at the Community Dinner they sponsor.
- Organize a group of children involved on a sports team (e.g. soccer) or a summer camp, especially when you are helping at sports clinics (tennis, volleyball, football, etc) Invite them to collect bottled water to distribute at a shelter for families. If parents can be involved, ask them to accompany their children in delivering the water to the families.
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Work of Mercy: Shelter the Homeless

There are many circumstances that could lead to someone becoming a person without a home. Christ encourages us to go out and meet those without homes, affirming their worth and helping them seek a resolution to the challenges they face.

Ideas:

- volunteer to help at a homeless shelter (ex: Father Carr's Place 2B, Oshkosh/Homeless Connections, Appleton)
- Create no-sew fleece blankets, or knit/sew blankets and donate to those in need (ex: Mother and Unborn Baby Care, Project Linus (<https://www.projectlinus.org/>), hospice centers,
- There are millions of children and families who are on the move, fleeing from war, illness, hunger and impossible living conditions, and searching for peace and safety. Engage parish groups of children, youth, young adults, and families in doing some research on the causes and challenges that these families face to survive. Contact Catholic Social Services, or diocesan offices of peace and justice for help with your research. Seek ways to provide shelter for the homeless locally, regionally, nationally or internationally.

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Work of Mercy: Visit the Sick

Those who are sick are often forgotten or avoided. In spite of their illness, these individuals still have much to offer to those who take the time to visit and comfort them

Ideas:

- Donate blood/plasma
- Spend time volunteering at a nursing home – Get creative and make use of your talents (e.g. sing, read, paint, call Bingo, etc.)!
- Take time on a Saturday to stop and visit with an elderly neighbor.
- Offer to assist caregivers of chronically sick family members on a one-time or periodic basis. Give caregivers time off from their caregiving responsibilities so they can rest, complete personal chores, or enjoy a relaxing break.
- Join the Martha Ministry at our parish and donate freezer meals to families who are ill.
- Join a Eucharistic Minister and bring communion to the homebound of our parish family.

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Work of Mercy: Visit the Prisoners

People in prison are still people, made in the image and likeness of God. No matter what someone has done, they deserve the opportunity to hear the Word of God and find the Truth of the message of Christ.

Ideas:

- Contact NAMI and find ways to support their outreach to teens suffering from mental diseases and disorders.
- Create and send cards to individuals serving in juvenile detention facilities. Be sure to also be mindful of how you sign the card to ensure personal safety. For example (from: someone praying for you)
- Volunteer to help out or donate to charities that give Christmas presents to children whose parents are in prison.

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Work of Mercy: Bury the Dead

Funerals give us the opportunity to grieve and show others support during difficult times. Through our prayers and actions during these times we show our respect for life, which is always a gift from God, and comfort to those who mourn.

Ideas:

- Call the parish office and send a card to someone who has recently lost a loved one. Make your own card and use some of these [prayers](http://www.usccb.org/prayer-and-worship/bereavement-and-funerals/prayers-for-death-and-dying.cfm).
(<http://www.usccb.org/prayer-and-worship/bereavement-and-funerals/prayers-for-death-and-dying.cfm>)
- Pray a rosary/divine mercy chaplet at the cemetery for all souls. Visit the cemetery and pray for those you have lost.
- Help serve a funeral dinner

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Work of Mercy: Give Alms to the Poor

Donate money to organizations that have the ability to provide support and services for those in need. Do research and find organizations that put people in need first, rather than profit.

Ideas:

- Skip the Starbucks run and put that money in the collection basket at church.
- Find a charity that is meaningful to you and volunteer your time or donate.
- This Lent, give up eating out at restaurants. Pack your meals and donate the extra money to charities.
- Participate in **CRS Rice Bowl**

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Source: <http://www.usccb.org>

