

# DISCIPLESHIP HOURS— Service to others to live out the Gospel



**Requirement:** to create an attitude of discipleship  
– service as a way of life (not just hours to accomplish for Confirmation)

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**\*\* 8<sup>th</sup> grade Confirmandi are asked to complete Works of Mercy OR CST Projects.**

*All hours done per project(s) should total at least 16 Hours.*

The goal is to truly learn how YOU can *love* to serve and use YOUR gifts to help others so that you can more easily follow in Jesus' footsteps.

Service work is part of almost all teen preparation for Confirmation. The point is to provide practice time to instill the inner drive to **BE LIKE CHRIST** – to take faith into the world through one's actions. Though service makes one feel good, that is a byproduct. The role of service is to be the hands and feet of Jesus Christ. We serve in Jesus' name, not our own. The saints teach us well about what this means (another part of the journey towards Confirmation.)

**The initial standard of "Core Service" comes from Scripture and Jesus' own words when he shared the Corporal Works of Mercy:**

- |   |                             |                        |   |
|---|-----------------------------|------------------------|---|
| } | - Feed the Hungry           | - Visit the Sick       | } |
|   | - Give Drink to the Thirsty | - Visit the Imprisoned |   |
|   | - Clothe the Naked          | - Bury the Dead        |   |
|   | - Shelter the Homeless      |                        |   |

Consider also these incredible teachings of the Church known as **Catholic Social Teaching**:

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|---|---|
| - <b>Life and Dignity of the Human Person</b> | - <b>Call to Family, Community, and Participation</b> |
| - <b>Rights and Responsibilities</b>          | - <b>Option for the Poor and Vulnerable</b>           |
| - <b>Dignity of Work and Right of Workers</b> | - <b>Solidarity</b>                                   |
| - <b>Care for God's Creation</b>              |   |

<http://www.usccb.org/beliefs-and-teachings/what-we-believe/catholic-social-teaching/seven-themes-of-catholic-social-teaching.cfm>

*Using the themes above or unique ideas of your own, go make a difference in a way that makes you feel happy and alive in your giving to another. ☺ Consider doing projects with your friends or RE class! Break the mold of ordinary living and have fun serving others!*

Service should be something that you offer as a gift to others (meaning you receive no pay for your work) and not be something you do at home (aka chores and things to help be part of your family) or fundraisers for your team! As you prepare to go out in the world as a disciple, it is time to see the world. **Clearly stated, hours CANNOT be fulfilled by doing service for ANY member of your immediate family (babysitting your siblings/cousins or neighbors for free), nor does shoveling snow for your family count.** Shoveling snow for an elderly neighbor would.

## **CORPORAL WORKS of MERCY PROJECT IDEAS (Charitable Acts)**

### **Feed the Hungry.**

- Volunteer at a food bank:
  - \*Northern Illinois Foodbank <http://solvehungertoday.org/>
  - \*Kendall County Food Pantry 630-553-0473 OR check out [info@kendallcountyfoodpantry.org](mailto:info@kendallcountyfoodpantry.org)
  - \*Ideally **raise \$50/packing session**; then volunteer at a Feed my Starving Children packing shift  
[www.fmssc.org](http://www.fmssc.org)
- Find ways to help at Hesed House <http://www.hesedhouse.org/>

### **Give Drink to the Thirsty.**

- Buy and give out water bottles **to the homeless**. This is NOT meant to be about giving drink at a fun fair or marathon/race event UNLESS it is for charity.
- Check out [www.thewaterproject.org](http://www.thewaterproject.org) Many countries do not have access to clean water. Do their challenge (and the math.) Give up some luxuries for a month (or more), get your friends involved, and then work with Julie Krakora to send the money to this organization.

### **Clothe the Naked.**

- Do all the work to host a clothing drive. Donate the items (including going through your own closet!)
- Knit, crochet, or sew baby blankets for your local pregnancy help center.
- Knit, crochet, or sew scarves, hats, and gloves for your local homeless shelter.

### **Shelter the Homeless.**

- Volunteer to do manual labor to help in the upkeep of a homeless shelter; volunteer at Hesed House!
- Send a care package with special treats to an orphanage.
- Using your **own money**, sponsor a child through <https://www.unbound.org/> (formerly the Christian Foundation for Children and Aging started by 4 Catholic Workers.)

### **Visit the Sick.**

- Volunteer to call Bingo at a nursing home.
- Visit a seriously or terminally ill member of your parish.
- Using your **own money**, sponsor an elderly person through <https://www.unbound.org/>

### **Visit the Imprisoned.**

- With a parent, look at this site as a starting point to see if you are called to help:  
<http://www.ecoprisoners.org/howtohelp2.htm>

### **Bury the Dead.**

- Help a widow or widower in need with yard work or errands.
- Visit the cemetery, help with clean-up or placing wreaths/flowers on Holidays for veterans or others.

## **Spiritual Works of Mercy**

Some Spiritual Works of mercy can easily be turned into projects. **“Instruct the Ignorant”** – you can aide in an RE class all year. **“Pray for the Living and the Dead”** - make cards for soldiers (OSOT), help those in prison, or help with an Anointing Mass here at St. Anne. **“Comfort the Sorrowful”** – spend time at a nursing home talking with residents, helping them with Bingo, or help with any Oswego Senior Center event as their sole purpose is to help improve the well-being of our elderly in Oswego.

## CATHOLIC SOCIAL TEACHING (CST) PROJECT IDEAS (Justice Acts)

*While you, as an 8<sup>th</sup> grader, might not be able to do as much as you can when you are older, there are still themes of CST that you CAN do!*

### Life and Dignity of the Human Person

*The Catholic belief in the life and dignity of the human person is the foundation of our moral vision. All life is sacred, and all people must be treated with dignity.*

~**Pro-life issues** – doing things to help end **abortion, euthanasia, genocide**, & the **death penalty**

*\*\*Peacefully participate in prayer outside of an abortion clinic (especially during October which is pro-life month or in January which is the anniversary of the Supreme Court's decision to make abortion legal.)*

~**Racism** – participate in any events that promote peace and equality for ALL people!

~**Unjust war** – *though you cannot do much to stop the war, do pray for all those affected by war. Look up Operation Support our Troops: <http://www.osotamerica.org/get-involved>*

*Talk with your friends or RE class to spearhead a drive (talk with JHYM first!) to support their needs.*

~**Slavery** – Talk with your sponsor about ways to learn about and help end human trafficking or **\*\*READ about Mr. Chris Baker, a tattoo artist in Oswego who has found a way to help women previously branded in human trafficking. Consider reaching out and seeing if there are ways you can help him to help others.**

<http://patch.com/illinois/oswego/tattoo-artist-ink-180-pastor-helps-girls-escape-the-cab1ac126e9>

~**Poverty** – any of the Corporal Works of Mercy bring this into action

### Care for God's Creation

*God is the creator of all people and all things, and he wants us to enjoy his creation. We are called to make the moral and ethical choices that protect the ecological balance of creation both locally and worldwide.*

~**Volunteer at a local Forest Preserve/Natural Prairie Area** to help with preservation and cleaning

~If you know of a place that doesn't **recycle or compost**, learn about it and start a program!

~Help **prevent pollution** and thus **be aware of Global Warming** (products you use, the amount of trash you/your family produces).

~**Volunteer at local Recycle Days** (check out with Oswego Government to learn the dates they host these and what you can do to help!)

~Look for **local organic farmers and see if you can learn from and help them** (there are a few in Oswego!) in their efforts to be sustainable and care for the earth and God's creatures!

~Volunteer at a **local Humane Society Animal Shelter**.

## **Option for the Poor and Vulnerable**

*As Catholics, we are called to pay special attention to the needs of poor people. We can follow Jesus' example by making a specific effort to defend and promote the dignity of those who are poor or vulnerable and to meet their immediate material needs.*

***~Many things previously written under the Corporal Works of Mercy would apply to this theme: helping the sick, elderly, disabled, unborn, and prisoners.***

## **Rights and Responsibilities**

*The Catholic Church teaches that every person has a right to life as well as a right to those things required for human decency. As Catholics, we are responsible for protecting these fundamental human rights in order to achieve a healthy society.*

***~Things associated with Rights & Responsibilities include basic needs for: food, water, shelter (also Corporal Works of Mercy), education, employment, healthcare, & religious freedom.***

## **Solidarity**

*Because God is our Father, we are all brothers and sisters with the responsibility to care for one another. This spirit of solidarity unites all people whether they are rich or poor, weak or strong. It also helps to create a society that recognizes that we live in an interdependent world.*

***~Areas of need or awareness include: Welcoming immigrants, embracing strangers, be open to and affirming of diversity, and supporting peace efforts.***

## **Call to Family, Community, and Participation**

*Participation in family and community is central to our faith and to a healthy society. From this foundation people participate in society, fostering a community spirit and promoting the well-being of all, especially those who are poor or vulnerable.*

***~Areas to consider include: assisting elderly/disabled neighbors (raking, shoveling, and gardening) and other community (town) events.***

## **Dignity of Work and Right of Workers**

*The Catholic Church teaches that the basic rights of workers must be respected: the right to productive work, to fair wages, and to private property, and the right to organize and join unions and to pursue economic opportunity. Moreover, Catholics believe that the economy is meant to serve people, not the other way around.*

**REMEMBER ALSO TO GO TO THE WEBSITE TO...**

**Print your Service Log for 7<sup>th</sup> or 8<sup>th</sup> grade & Reflection Sheets for 8<sup>th</sup> grade**