

DISCIPLESHIP HOURS – Service to others to live out the Gospel



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

**** D3 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 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 Service comes from Scripture and Jesus' own words when he shared the Corporal Works of Mercy:

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

You learned about and can also choose to live out themes related to **Catholic Social Teaching:**

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

Use the themes above to 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!

Service should be something that you offer as a gift to others (no payment.)

This is what service is NOT:

- 1) Is it NOT doing things to help ANY member of your immediate family (babysitting your siblings/cousins or neighbors without an imminent need, or even for free), nor does shoveling snow for your family count. Shoveling snow for an elderly neighbor would.
- 2) It is NOT something you should do at home (aka chores or things to help your family)
- 3) It is NOT related to anything specifically benefitting your team/extra-curricular activity

Make sure you keep your log, or you can always find it on the WEBSITE: <https://stanneparish.org/dash-3-8-th-grade-students/> HERE are all the ideas I can provide to help you start thinking!

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 <https://www.kccfoodpantry.org/get-involved/>

• **P.A.D.S.** is 1x a month year-long project helping give food to the homeless. St. Anne has volunteers that work together to serve a full dinner, breakfast and a sack lunch to the Hased House guests on the **3rd Saturday of every month.** The PADS Ministry can be divided into 3 groups so you can choose what works best. You can also work in all aspects of the preparation! **YOU MUST CALL IN ADVANCE & COMMIT TO HELPING. This is NOT a last minute "I need hours now" kind of project.**

~ 1st group: After calling to know WHAT to buy, use your own earned money to buy necessary groceries. Drop the items off at St. Anne's between 4:15 and 5:15 p.m. on the 3rd Saturday.

Contact: Vicky & Ken Fajfer - fajfer@comcast.net (630)294-1282

~2nd group: loads the items into vehicles and transports them to Hased House. (DASH 3 teen NEEDS a parent to ALSO volunteer to be part of this group.)

Contact: Rick Perillo - rmper5@ameritech.net

~3rd group: serves the meals at Hased house, cleans-up, & also cooks breakfast and pack sack-lunches. **Contact:** Denine Chambers - dmcrc87@aol.com (Transportation up to parents.)

Give Drink to the Thirsty.

•Buy and give out water bottles to the homeless. **This is NOT about giving drink at a fun fair or marathon/race event UNLESS it is for charity.**

•Check out <https://thewaterproject.org/thewaterchallenge> 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 in your neighborhood items (including going through your own closet!) Pack up and donate the items

•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 Hased House!

•Find a way to help an orphanage: <https://showhope.org/2016/03/14/4-ways-your-family-can-help-orphans/>

•Choose to write to a child (orphan or impoverished) in need of love:

<https://www.unbound.org/Sponsor/HowItWorks/LetterWriting>

• Sponsor a child through Compassion International. https://www.compassion.com/sponsor_a_child/

Visit the Sick.

- Help out at our local Ronald McDonald house (a home that helps families whose children are very ill.) <https://rmhccni.org/get-involved/become-a-volunteer/>
- Volunteer at a nursing home. (Try Autumn Leaves, Tiller's, or Bickford)
- Visit a seriously or terminally ill member of your parish. *(If you have a terminally ill family member, talk to Julie about how this can work to help you as you help your family.)*

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.

- **LONG before December 14, 2019** check out this site so you can see how to help: <https://www.wreathsacrossamerica.org/pages/16036/Overview/?relatedId=0>

Spiritual Works of Mercy

"Instruct the Ignorant" – *you can be an aide in a RE class all year. Helping at VBS counts too!*

"Pray for the Living and the Dead" - *make cards for soldiers (OSOT- Operation Support Our Troops) 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, Anointing of the Sick Mass also fits here for talking to people and helping at the luncheon.*

CATHOLIC SOCIAL TEACHING (CST) PROJECT IDEAS

(Justice Acts)

In DASH 2 you briefly went over this concept of charity vs. Justice. Here is the YouTube video that gives a great overview of CST:
<https://tinyurl.com/y3rvwaxa>

While you, as an 8-9th grader, might not be able to do as much as you can when you are older, there are still C.S.T themes that you CAN do!



The 7 Themes of Catholic Social Teaching

1. 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, or be part of the 40 days for Life prayer in March-April.)*

~**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>*

~**Human Trafficking** – Talk with your sponsor/parents about ways to help end human trafficking

2. 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

~**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**.

3. 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:**

Feed the Hungry; Visit the Sick (Elderly); Give Drink to the Thirsty; - Clothe the Naked; Shelter the Homeless

4. 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 helping others obtain basic needs for: food, water, shelter (also Corporal Works of Mercy), education, employment, healthcare, & religious freedom.**

5. 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.

6. 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 events.

*~Call up **Oswego Senior Center** as their sole purpose is to help improve the well-being of our elderly in Oswego. Call Diane Beukelman, 630-554-5602 or email volunteer@oswegoseniorcenter.org*

*~A new center, started by a St. Anne parishioner, is in need of help in many ways and covers a number of CST themes. **Look up New Horizons** <http://discoveryourhorizon.org/>. Call Andrea Stapleton Berger and ask how you can help! 331-725-6081 (This can be individual, family, or group based.)*

7. 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.

****This area is hard to turn into a project for someone in Jr. High/High School.****

Still struggling with how to help as Jesus taught?

The below organization usually has projects that match many of the DASH 3 requirements. Talk with a parent and look at:

<https://www.happyhelperskids.org/>

Keep in mind D3 requirements when you sign up for one of their projects.