



***“Whatever you did for one of these least brothers of mine, you did for me.”***

***Mt. 25:40***

**2020-2021**  
**Faith in Action**  
**Handbook:**  
**A call to**  
**Service and Justice**

# *“We are not saved by works, but we are saved for works”*

## **Prayer before Service (Saint Teresa of Calcutta)**

*Dear Lord, the Great Healer, I kneel before You, since every perfect gift must come from You. I pray, give skill to my hands, clear vision to my mind, kindness and meekness to my heart. Give me singleness of purpose, strength to lift up a part of the burden of my suffering fellow men and women, and a true realization of the privilege that is mine. Take from my heart all the guile and worldliness that with the simple faith of a child, I may rely on You.*

*Amen.*

*“Only in Christ do we find real love, and the fullness of life. Love of Christ does not distract us from interest in others, but rather invites us to responsibility for them, to the exclusion of no one.... And so I invite you today to look to Christ. To be Christians means to be missionaries, to be apostles. It is not enough to discover Christ - you must bring Him to others! The way Jesus shows you is not easy. Rather, it is like a path winding up a mountain. Do not lose heart! The steeper the road, the faster it rises towards ever wider horizons.” -**Saint John Paul II***

At Muskegon Catholic Central, our service to others is based on the Gospel; Christ calls us to serve others. In addition, the tradition of the Catholic Church gives us the Works of Mercy and the Principles of Catholic Social Teaching to guide us. At MCC, we believe service is an integral part of our Catholic Faith, and a key component of the Crusader spirit.

Beginning in the school year of 2020-2021 Muskegon Catholic Central is moving from an hours based service model to an experience based service model. There is **NO expected minimum number of hours of service to be performed** for students in grades 9-11 (Seniors are expected to complete a Senior Capstone Service Project that is explained below). We are asking students instead to focus on specific types and forms of lived faith, aka service, outlined below. Students should spend a substantial amount of time on the goals below in order to make a noticeable impact-- both on

themselves and the organization/group/individuals who will benefit from their time. We want students to focus on the quality of time, rather than the quantity of time, spent on these specific types and forms of service.

This program flows from our mission to educate the body, mind, and spirit of our students and our desire for students to have the opportunity to fully participate in the life of the Church and to live Her teachings. ***We pray that through this process, along with the expectations listed below, that students discover that discipleship to Jesus Christ is service.*** We pray also that by encouraging and enabling students in learning to serve others, that students may be inspired into a life of service and justice during their high school years and beyond.

Although students do not need to complete a specific number of hours of service, **completion of the service goals listed below are a graduation requirement for Muskegon Catholic Central.**

As part of the Faith in Action (Service) Program students must **submit written reflections for each experience in their Google Classroom for Faith in Action.** These reflections are equally important as the service itself for the full benefit of these experiences. In large part, these Faith in Action experiences differ from “volunteer” hours or other hours of service dictated by other schools in two distinct ways:

**1) Why we do these things (as response to our Baptismal call and in response to our personal relationship with God)**

and

**2) The time spent in reflection on these experiences, which helps students grow in understanding of why we are called to participate in these experiences, and how it helps to form our Catholic Christian identity**

**Families are encouraged to participate along with their students during these** experiences for Faith in Action. These are tremendous opportunities for faith sharing between generations, and are a powerful opportunity for parents/guardians to witness their lived faith to their children. I highly encourage families to visit the website for [Catholic Uprise](#), a global generosity movement, making commitments of greater love and caring for others through the 14 Catholic Works of Mercy. This organization has many ideas and opportunities for students and families to live the Works of Mercy.

**Lastly, students are strongly encouraged to participate in a mission trip experience with the school or their church during their high school years.** *“God put us in the world to know, to love, and to serve Him.” (CCC, 1721)* Mission Trips are powerful and transformative opportunities that have a deep and profound impact on participants. These trips often serve as moments of conversion that draw young people into a deeper relationship with God.

**All Faith In Action (service) opportunities outlined below must be performed for non-profit organizations, individuals, families, churches, groups, etc. Service to for-profit**

**businesses/organizations, etc., even if service is performed without pay, will not count towards a student's service goals.** If there is ever any question as to whether or not a service experience will "count", check with Mr. Hilgert in the Campus Ministry Office **BEFORE** beginning the service.

All service is overseen by the Campus Ministry Office, in cooperation with the Religion Department. **In the case that a freshman, sophomore or junior student fails to complete their service goals, they will receive an incomplete for their religion grade until the service goal is completed and confirmed.**

Senior Capstone Service Projects will be a separate credit / no credit class. If a **senior student fails to complete their Capstone Project, they will receive an incomplete for their religion grade, and their diploma will be withheld, until the required Capstone Project is completed and confirmed.**

## **Faith in Action Goals and Expectations for Grades 7-12\***

***“Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age.”***

**-Matthew 28:19-20**

***“You will receive power when the Holy Spirit comes upon you, and you will be my witnesses in Jerusalem, throughout Judea and Samaria, and to the ends of the earth.”***

**-Acts 1:8**

The following framework of Faith in Action is built upon the Great Commission given by Jesus to his disciples (which includes us today).

Students will engage in experiences that unites them to the building of Christ’s kingdom to the ends of the earth. As Jesus instructed his disciples to go throughout Jerusalem (their immediate area), throughout Judea and Samaria (the more expansive area in which they resided), and to the ends of the earth, our students will grow in their understanding of this commissioning from Freshman year to Junior Year and will demonstrate their understanding of it in their Senior Capstone Project.

Freshman year equates to serving in Jerusalem, aka students are asked to engage in experiences in the community in which they reside-- specifically their school, church, family, and neighborhood.

Sophomore year students venture further abroad in “Judea and Samaria” by practicing the works of mercy that will enable them to engage into their broader community (city, county, state, etc).

Lastly, during Junior year students will take up the task of “making disciples of all nations,” and going to “the ends of the earth” by engaging the tenets of Catholic Social Teaching.

What is important is that during these experiences, students are asked to reflect on how they encounter God in them, because Jesus explicitly states he will be with us “until the end of the age.” Jesus comforted his disciples as he sent them forth, and he comforts our students with his presence in these experiences as well.

The goals listed below are the minimum level of participation expected of students. However, students are invited and encouraged to participate in acts of Service, Justice, and Charity beyond the goals listed below.

## **7th and 8th Grade Service**

7th and 8th grade students will be required to participate in service experiences during the semester that they attend their religion course. The opportunities for these experiences will be **provided and**

**accomplished during class time.** If the student is not present during the time of service, they will be required to participate in an equivalent experience outside of class. The service required for 7th and 8th grade will count towards a **test grade** in the religion course.

A necessary component of these types of lived faith experiences is **reflection**. Students **must submit to the Campus Ministry Office a ½-1 page typed double-spaced reflection** for each distinct project in which they participate.

**Each reflection should address the following:**

- You will most likely serve many people or groups during one project; whom all did you serve and benefitted from your contributions?
- How did I make a positive impact?
- Why was my participation of value?
- How was my participation a reflection of my faith?
- Did you feel the same at the beginning of the experience as you did at the end of the experience?

**Freshman Year: Faith in Action through service to school and church**\*

**During Freshman year, students are expected to contribute to the life of their school, and parish communities**

Recognizing that service to Muskegon Catholic Central school is a form of service. Students should perform service that directly benefits the Muskegon Catholic School community **or** is service that is part of a school function. etc....

- Freshmen **must** work a minimum of **TWO** Lenten Fish Dinners as part of their Freshman service goals. Students are to sign up to work the Fish Fry with the 7-12 school office unless instructed otherwise.
- Freshmen **must** assist with at least **THREE** additional, unique, school functions. Examples of this would be school athletic camps, school grounds work, school child care, helping at athletic events, Rainbow Auction, Crusader Open, etc.
- **If current events allow**, Freshmen **must** participate in a half-day service project during a school day that will be organized by the Campus Minister. **The campus minister will determine the feasibility of this endeavor and alert families asap.**

We also recognize that service to the local parishes and churches is a noble form of service. Parish service is described as service to a student's home parish/church in which the result is a direct benefit to the parish/church community.

- Students **should** participate in the life of their parish/church by altar serving, volunteering with Vacation Bible school, parish/church grounds work, singing in the Choir, playing in the church band/orchestra, helping with the Parish Outreach program, ushering, lecturing, or other such activities.
- Participation in a school or parish mission trip would also satisfy this goal.

A necessary component of these types of lived faith is **reflection**. Students **must submit to the Campus Ministry Office a ½-1 page typed double-spaced reflection** for each distinct project in which they participate (example: a student would write one reflection for working two Fish Frys, one reflection for Altar Serving at mass 14 different time, one reflection for working concessions for Volleyball on one occasion, one reflection for helping for one week of Vacation Bible School, etc.)

**Each reflection should address the following:**

- What was your Faith in Action Experience?
- You will most likely serve many people or groups during one project; whom all did you serve and benefitted from your contributions?
- How did I make a positive impact?
- Why was my participation of value?
- How was my participation a reflection of my faith?
- Did you feel the same at the beginning of the experience as you did at the end of the experience?

**Sophomore Year: Faith in Action through the Works of Mercy\***

***Sophomores will focus their Faith in Action around the Corporal and Spiritual Works of Mercy.***

*"The works of mercy are charitable actions by which we come to the aid of our neighbor in his spiritual and bodily necessities." (CCC, 2447)*

- Sophomores **must** complete at least ONE act/project that corresponds to each different Corporal and Spiritual Works of Mercy (14 projects to be completed in total). For reference, in total it is estimated that you will probably spend 14-20 hours completing these experiences.
- Students should visit **www.CatholicUprise.com** and explore the following link: **The 14 Works of Mercy** on ideas and opportunities to live out these acts of mercy.

- If current events allow, **Sophomores must** participate in a half-day service project during a school day that will be organized by the Campus Minister. **The campus minister will determine the feasibility of this endeavor and alert families asap.**
- Participation in a school or parish mission trip may provide the opportunity to complete many, if not all, of the components of this goal.

A necessary component of these types of lived faith is **reflection**. Students **must submit to the Campus Ministry Office two separate 2-3 page typed double-spaced reflections** on their experiences performing both the Corporal Works of Mercy and the Spiritual Works of Mercy (one reflection will consider the Corporal Works of Mercy that they performed and the other reflection will consider the Spiritual Works of Mercy they performed).

**Each reflection should address the following:**

- What was your Faith in Action Experience?
- You will most likely serve many people or groups while living and praying both the Corporal and Spiritual Works of Mercy; whom all did you serve and benefitted from your contributions?
- How did I make a positive impact?
- Why was my participation of value?
- How was my participation a reflection of my faith?
- Did you feel the same at the beginning of the experience as you did at the end of the experience?
- How did this experience help me to better understand this Work of Mercy?

**Junior Year: Faith in Action through Catholic Social Teaching\***

***Juniors will focus their Faith in Action around the principles of Catholic Social Teaching***

*“But you will receive power when the holy Spirit comes upon you, and you will be my witnesses in Jerusalem, throughout Judea and Samaria, and to the ends of the earth.” -Acts 1:8*

As part of our baptismal call, and as part of Muskegon Catholic Central’s desire to reach out to the greater community, Juniors are invited to explore the principles of Catholic Social Teaching (CST) in their local communities and in projects that impact communities beyond our own. Community service is described as service the student performs that directly benefits people in the community or the greater world. **Juniors will need to fulfill their Faith in Action (service) experiences either in school, church/parish, community non-profit organizations, or on school or church sponsored mission trips.**



- Juniors **must** complete at least ONE act/project that corresponds to each different principle of Catholic Social Teaching, eight projects in total.
- A great resource for further ideas and information the tenets of CST can be found at [TheReligionTeacher.com/social-justice-activities](http://TheReligionTeacher.com/social-justice-activities) This website has many links to information and activities with regards to CST
- **If current events allow, Juniors must** participate in a half-day service project during a school day that will be organized by the Campus Minister. **The campus minister will determine the feasibility of this endeavor and alert families asap.**
- Participation in a school or parish mission trip may provide the opportunity to complete many, if not all, of the components of this goal.

A necessary component of these types of lived faith experiences is **reflection**. Students **must submit to the Campus Ministry Office a ½-1 page typed double-spaced reflection** for each distinct project in which they participate (example: a student would write one reflection for working 4 separate times at the Humane Society for Care for Creation, or one reflection for work performed with Catholic Charities West Michigan on 6 separate occasions for their completion the Preferential Option and Love for the Poor, etc) Seven separate reflections **must** be submitted.

**Each reflection should address the following:**

- What was your Faith in Action Experience?
- You will most likely serve many people or groups during one project; whom all did you serve and benefitted from your contributions?
- How did I make a positive impact?
- Why was my participation of value?
- How was my participation a reflection of my faith?
- Did you feel the same at the beginning of the experience as you did at the end of the experience?
- How did this experience help me to better understand this tenet of Catholic Social Teaching?

**Senior Capstone Service Project**

***Building on their service experiences during their time as underclassman, Seniors must complete a Senior Service Capstone Project. This project is designed to demonstrate the cumulative experience of Catholic Social Teaching and the Works of Mercy that students have learned, explored, and lived during their time at MCC.***

- Seniors **must** participate in a full-day of service/justice (**if current events allow**) during a school day that will be organized by the Campus Minister.
- Seniors **must** choose ONE ORGANIZATION to which they will contribute **a minimum of thirty (30) hours of service**. These hours must be completed and submitted on [www.x2vol.com](http://www.x2vol.com) by **April 16, 2021**
- These hours must be towards a non-profit organization, group, or individuals. Seniors **must** obtain acceptance of their Organization and Project from the Campus Minister before beginning their project.
- In determining the Organization and Project they wish to undertake, Seniors should consider the following:
  - The Work performed,

- The People served
- How this experience will accomplish the mission of MCC to educate them in Body, Mind, and Spirit.
- What principle(s) of Catholic Social Teaching will be addressed through their service.
- What works of Mercy will be performed in this service.
- What is the connection to their own life
- In May of their senior year, seniors will present an oral and visual (video) report detailing their thirty (30) hours of their Senior Capstone Service experience. *(Additional information regarding presentation expectations will be distributed at the beginning of the school year).*
- Senior Capstone Service Projects may **NOT** be a school collection-to donate towards a project, instead students must donate thirty (30) hours of their time directly towards the non-profit organization.
- Below is a list of some organizations that will accept individuals eighteen (18) years of age or younger for volunteer service, and they do **NOT** need parent supervision are as follows:
  - Muskegon County Prosecutor's Office - 231.724.6435
  - United Way – 231.722.3134
  - Disability Connection thru United Way – 231-722-0088
  - Habitat for Humanity – 231.727.6020
  - Human Society – 231.773.8689
  - NOAH Project – 231.865.1264
  - Pound Buddies – 231.724.6500
  - Heaven Can Wait – 616.402.1417
  - Catholic Charities of West Michigan – 231.726.4735
  - Family Promise – 231.747.8855
  - YEP! Community encompass – 231.728.3117
  - Mercy Health Partners – 231.728.471
  - Salvation Army – 231.773.3284
  - Hope's Outlet – 231.737.9707
  - Community Action Partnership – 231.725.9499
  - Sanctuary at the Park – 231.672.2786 or 231.672.2780
  - Mission for Area People – 231.733.1792 press #2
  - Kid's Food Basket – 231.747.8575
  - Praying Pelican Missions (Spring Break Mission Trip) – See MCC Campus Minister
  - St. Mary Parish, Spring Lake (Summer Mission Trip) – 616.935.6974
  - Various Parishes in the Diocese of Grand Rapids– Volunteer to help with summer vacation bible school, help plan/lead retreats, etc.

**We encourage Seniors to complete, or at least begin, their thirty (30) hours of non-profit service hours during the SUMMER MONTHS OF 2020! Once the school year begins, it becomes much more difficult to find the time needed to achieve this service and graduation requirement.** As we also learned in the Spring of 2020, unexpected circumstances may arise that make completion of hours extremely difficult.

- **Seniors must work** Five (5) hours at the school's Annual Rainbow Auction **if current events allow**. Students are to sign up to work with the Director of Advancement in the Foundation Office.

- **If current events allow Seniors must also work** Ten (10) hours with a church or parish, organized and assigned by the MCC Campus Minister. During the month of May, senior students will be asked to focus on serving their parish/community in a focused program, as part of Senior Seminar. The Campus Ministry Office will assign senior students to work at a local church or parish. Seniors must perform ten (10) hours of this service, and they will be working with other senior students that were assigned to their group by the Campus Ministry Office. This ten (10) hour commitment is meant to positively influence both the seniors and our local churches or parishes prior to graduation. It is a final gift from the senior class to our local faith communities.

Seniors will meet with the Campus Minister at least once a month during their senior year to work on, and prepare for, the successful completion of their Senior Capstone Service Project.

## **Ideas on how to put our Faith in Action**

### **The Corporal Works of Mercy**

FEED THE HUNGRY

GIVE DRINK TO THE THIRSTY

SHELTER THE HOMELESS

CLOTHE THE NAKED

CARE FOR THE SICK

VISIT THE IMPRISONED

BURY THE DEAD

### **The Spiritual Works of Mercy**

CONVERT THE SINNER

INSTRUCT THE IGNORANT

COUNSEL THE DOUBTFUL

COMFORT THE SORROWFUL

BEAR WRONGS PATIENTLY

FORGIVE INJURIES

PRAY FOR THE LIVING AND THE DEAD

*Imagine what might happen if instead of performing each of these works of mercy out of a sense of duty, but rather out of a sense of charity and the true mercy you felt through prayer!*

DIGNITY OF THE HUMAN PERSON AND RESPECT FOR LIFE  
THE CALL TO FAMILY, COMMUNITY AND PARTICIPATION  
RIGHTS AND RESPONSIBILITIES  
CARE for the COMMON GOOD  
PREFERENTIAL OPTION AND LOVE FOR THE POOR  
DIGNITY OF WORK AND THE RIGHTS OF WORKERS  
SOLIDARITY AND STEWARDSHIP

### **Living the Corporal Works of Mercy:**

#### **Feed the hungry**

- make sandwiches and hand them out to homeless people
- bring a meal to family with a new baby
- bring a meal to someone who is mourning the death of a loved one
- bring a meal to a family having a difficult time
- share food with a friend or sibling
- make dinner for your family
- bring a meal to shut-ins or the elderly
- Volunteer for Catholic Charities, parish, or other community organizations who feed the homeless and needy
- eat beans and rice for a week and donate your grocery money

#### **Give drink to the thirsty**

- give water to someone working in your neighborhood
- Visit organizations like <https://www.charitywater.org/> and study about the plight of our brothers and sisters throughout the world without easy access to clean water. Then pick an action to work to eradicate this reality
- Do evaluations of your homes (and others) to mitigate water waste in your families, and make concrete action steps to reduce water waste
- give out water bottles at an event on a hot day

### **Clothe the naked**

- clean out your closets and donate your unneeded clothing
- organize a charity clothing drive
- offer to help sort clothing at Catholic Charities Baby and Toddler pantry
- do the laundry for your family
- help a younger sibling get dressed

### **Visit the imprisoned (people can often feel imprisoned in ways other than being in jail)**

- visit an imprisoned friend or family member
- write a letter to an imprisoned friend, family member, or stranger
- Check with your parish or the Diocesan prison and jail ministry to see how you can serve the imprisoned
- Write letters to those in nursing homes, or a lonely member of your parish
- offer to babysit for a mother of all young children
- offer to babysit a younger sibling for your mom

### **Shelter the homeless**

- donate food or blankets to a homeless shelter
- Raise awareness at school and/or your church communities about disaster relief needs and services, and raise funds for organizations helping people through disasters
- help an elderly or needy neighbor with home repairs (including raking leaves, shoveling snow, etc)

## **Visit the sick**

- visit a friend or family member in the hospital
- telephone someone who is ill or in the hospital
- make cards for the ill or hospitalized
- visit a nursing home or write letters to those in senior centers
- look after a sick member of your family at home
- help an old or sick person with errands or chores

## **Bury the dead**

- go to a funeral (yes, even kids)
- visit a cemetery and put flowers on graves
- Contact your church to ask the bereavement group how you can serve your local faith community
- Create prayer cards of condolences to distribute to families in your church when someone dies

## **How to Live the Spiritual Works of Mercy**

### **Convert the sinner**

- set a good example
- remind a sibling or friend of the rules (like wearing your mask at all times during in-person learning)
- Share confession times with, or offer to bring, a friend or family member to confession
- have a calm and loving chat with a person with whom you have a relationship about a particular sinful behavior

### **Instruct the ignorant**

- teach a catechism class
- share a helpful article or blog post in a friendly way
- lend a good book
- (if one meets the requirements) be a confirmation sponsor, RCIA sponsor or a godparent

- help a sibling read a book, play a game, or learn a prayer
- Volunteer at your local church to be a catechist assistant
- Volunteer with Vacation Bible School
- Volunteer to help with retreats at your local church or at school

### **Counsel the doubtful**

- learn the teachings of the Catholic Church so you'll have the answer if you get asked a question
- pray outside an abortion clinic
- be there to listen to a friend and give good advice
- reach out to a friend you think might need good advice
- help a sibling or friend make the right choice

### **Comfort the sorrowful**

- visit, call, text, write and email or letter to a friend or family member who is having a difficult time
- send someone a sympathy card or a care package
- remember the anniversary of a loss of a child, friend, sibling, or loved one
- read a story or sing a song to a sibling who is feeling sad
- Write small notes of encouragement and a short prayer and randomly give them to people-- everyone carries some small hurt, and this small act might be just what they need when you give it to them

### **Bear wrongs patiently**

- don't get mad at other drivers
- assume the best of people you encounter in real life and online
- give up an item that a friend or sibling wants to use, even though you are using it or want to use it
- don't gossip about the bad behavior of others
- don't be a "tattle tale"

## **Forgive all injuries**

- forgive a grudge you've been holding, even if it was someone else's fault
- call or write or text to a friend or family member who has hurt you and reconcile with them
- give a friend or sibling a second chance

## **Pray for the living and the dead**

- visit a cemetery, especially in November (when we remember in a special way All Souls).
- keep a list of prayer intentions and pray them regularly
- say a family Rosary for world leaders, for our nation, for our communities, for the MCC community, for the living, for the dead...
- pray a Divine Mercy Chaplet for those who will die this day
- pray the Prayer of St. Gertrude for the souls in Purgatory
- choose a family in your community and dedicate an entire week to praying for them

## **How to live out Catholic Social Teaching**

What does it mean to live justly in the world today? How does our faith invite us to work for peace and justice wherever we are – even at home?

The website [TheReligionTeacher.com/social-justice-activities](http://TheReligionTeacher.com/social-justice-activities) has many ideas and different ways of incorporating the tenets of CST into your life. These ideas are not necessarily what you might first think about, but may inspire you to think about how you can incorporate these Catholic Social Teachings into your own lives.

## **Recording Faith in Action experiences**

Students have been invited to join a Faith in Action Google Classroom for their graduating class. Under the Classwork tab there are assignments that align with the Goals for each year of their high school experience.

Reflections for each particular experience should be submitted through the appropriate Assignments tab as posted in Google Classroom. This process is how students' successful completion of their goals will be verified by the Campus Ministry Office.



Students will be guided through this process with the assistance of the Campus Minister at the beginning of the Second Semester.

**\*Due to the ongoing Pandemic, please refer to the addendum that follows at the end of this handbook.**

This handbook is the primary resource for Faith in Action Goals for all Muskegon Catholic Central students. The primary objective listed in the Handbook for each class should still take primacy in determining the experiences in which a student chooses to participate.

The addendum below is designed to provide more options to students, and for more positive experiences within the limitations presented by Covid.

## **Faith in Action (Service) Approach**

# Covid-19 Addendum 2020-2021

Effective January 4 , 2021

## Faith in Action Goals Revision and Expansion

***Due to the continued limitations imposed by the Covid-19 pandemic some exceptions and addendums are being made for the remainder of the 2020-2021 school year.***

***In-School “Faith In Action” experiences for Freshmen-Seniors-*** At this time it is unlikely that these ½ day and full day service experiences will not be able to take place this school year. However, these experiences have not yet been ***canceled***. In the event these experiences are canceled by the Campus Ministry Office, the students’ obligation to complete these experiences will be waived. Determinations on the feasibility of these experiences will be made as soon as possible, and a final decision will be promptly shared with families and students at that time.

***Freshman Experiences- Lenten Fish Dinners service requirements are still a requirement.*** At this time there is every intention to offer our annual Fish Dinners as take-out events and as such students are still asked to assist with three Fish Dinners. ***If Fish Dinners are canceled*** then this requirement will be waived for students.

To complete the remaining goals for the year (projects for school and church communities) students ***must complete 5 other experiences in which to participate***. Students may choose to complete alternative projects that align with the primary objective of these experiences-- to participate in the life of the Church through service to one’s local community (school, church, family, neighborhood, extended family). Students may accomplish this through serving in their own homes, to neighbors, and family members in addition to school or church. ***Please view the ideas on the Corporal and Spiritual Works of Mercy above for ideas on how to achieve these goals. Additional ideas are also listed below.***

Reflections, as outlined in the main section of this Faith in Action Handbook, must be completed for each experience.

### ***Sophomore Experiences-***

To complete the remaining goals for the year students may choose to complete alternative projects that align with the primary objective of these experiences-- to participate in the life of the Church by living the Works of Mercy and through service experiences which impact the broader community in which they live (neighborhood, city, county, state).

***Students must participate in at least 8 works of mercy-- four experiences engaging with four different Corporal Works of Mercy and four experiences engaging with four different Spiritual Works of Mercy***

Students must then choose to complete **five more experiences** through a variety of options: they may engage different Works of Mercy, revisit particular Works of Mercy in which they have already had an experience, and/or utilizing ideas listed below. Any combination of experiences will be accepted, although students are encouraged to complete experiences that enrich and impact the immediate community in which they live (neighborhood, city, county, state).

Reflections, as outlined in the main section of this Faith in Action Handbook, must be completed for each experience.

### ***Juniors***

To complete the remaining goals for the year students may choose to complete alternative projects that align with the primary objective of these experiences-- to participate in the life of the Church by practicing the Tenets of Catholic Social Teaching and through service experiences which impact the greater community in which they live (i.e. our state, our nation, and our world).

Juniors **must participate in five experiences that engage with five different tenets of Catholic Social Teaching**. Students must then choose to complete **eight more experiences** through a variety of options: they may engage different tenets of Catholic Social Teaching, revisit particular tenets of Catholic Social Teaching in which they have already had an experience, engage with the Works of Mercy and/or utilizing ideas listed below. Any combination of experiences will be accepted, although students are encouraged to complete experiences that enrich and impact the greater community in which they live.

Reflections, as outlined in the main section of this Faith in Action Handbook, must be completed for each experience.

## **Alternative Ideas on how to complete Faith in Action service experience goals**

The concept of Faith in Action Experiences has been expanded, and may include Spiritual Growth and Family service hours. Spiritual Growth hours give you the opportunity to grow in love and charity

without the resources available to you during a typical school year. Family service hours give you the opportunity to serve your family.

Below are options you may pursue to gain Spiritual Growth and Family service hours that align with your particular goal (Freshmen- service to one's local community, Sophomores- service to one's broader community, and Juniors- service that impacts the greater community (state, nation, world)). You may also suggest other Spiritual Growth ideas to Campus Ministry for approval.

***Reflections and recording of your experience should be submitted via the Google Classroom for your appropriate class.***

***Complete any of these opportunities, any of the ideas suggested in the primary Faith In Action program handbook or suggest any of your own.***

### **Spiritual Growth Faith in Action Service Experiences**

#### *Quick Reflections*

These reflections are quick, and can easily be incorporated into your daily routine.

- [Pray the Divine Mercy Chaplet with the Franciscan Friars of the Renewal](#) ***This is a great activity for Sophomores engaging with the Works of Mercy!***
- [Blessed Is She Daily Devotions](#)
- [Watch a video about a Saint](#)
- [Pray As You Go --- Lectio Divina](#)
- [Catholic Art Reflection](#)
- [Loyola Press 3 Minute Retreats](#)

#### *Prayerful Practice*

- [Videos on Spiritual Growth](#)
- [Pray the Rosary](#) ***This is a great activity for all Students who can offer up their prayer of the Rosary to any specific intention-- i.e. to their immediate community, the broader community, or the greater community.***
- [Rosary Videos \(Why and How to pray\)](#)
- [All Things Catholic Podcast](#)
- [Spiritual Gifts Assessment from Notre Dame](#)
- [Sign up for the Be Not Afraid Online Conference](#)

#### **Longer Reflections and Practices**

- [YouTube Playlist of various speakers and reflections](#)
- [Church Life Journal Reflections through Notre Dame](#)
- [The Lanky Guys Podcast - Reflections on the Week's Gospel Reading](#)

- [Stations of the Cross \(Perfect for Lent\)](#) *This is a great activity for all Students who can offer up their prayer of the Stations of the Cross to any specific intention-- i.e. to their immediate community, the broader community, or the greater community.*
- [Embrace Catholic Culture -- Go to the day, complete any of the activities or cook any of the recipes for your family in the sidebar](#)

Really Go Deep

- [Journey With The Saint John's Bible](#)

### **Family Faith in Service Experiences**

Your family needs you during this difficult time! These experiences give you the opportunity to show love and give charitably with the realities of quarantines and social distancing. "Service starts in the home", as they say, so use these suggestions to gain service hours with your own family. Here are some ideas of how you might serve your family.

- Help your siblings with their e-learning assignments
- Cook and serve meals to your family
- Clean up and do the dishes after dinner
- General cleaning and disinfecting in your home
- Do any sort of yard work without pay (for your family or neighbors who are not capable of doing it for themselves).
- Any home project for your parents.
- Babysit younger siblings.
- Writing letters to family members that live far away.
- Calling/facetiming any sick or infirm relatives that are unable to have visitors due to their condition.
- Cook a meal and bring to your neighbors.

### **Other ideas on how to engage and Pray the works of mercy!**

"The works of mercy are charitable actions by which we come to the aid of our neighbor in his spiritual and bodily necessities." (CCC, 2447)

Turn each one of the **works of mercy** into an opportunity to create prayers.

- Visit [Catholic Uprise](#) to download an UPRISE certificate, where you can keep track of each work of mercy prayer, and even download the icons to help you keep track! [Icons](#)
- Try composing prayers offering praise to God for the specific times you reached out to others in need through a work of mercy.
- Compose a prayer asking for God's forgiveness for the specific time you did not practice a work of mercy when you had the opportunity to do so.
- Creating a prayer book will guide you to feel mercy for specific people. Pray for those you know or do not know who may be hungry, thirsty, naked, homeless, sick, imprisoned, and always pray for the dead.
- Pray for those who are doubtful, ignorant, sinning, or sorrowful
- Pray for those who have offended you!
- These prayers, especially when said out loud or written out, can be powerful ways for you to personally experience a sense of God's mercy.
- Here is a link with more information on each Spiritual Work of Mercy: [USCCB- Spiritual Works of Mercy](#)

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