

Service and Spirituality Suggestions

Family : (no minimum amount in the category)

- Completing a chore that is **UNPAID** and outside of your normal expectations
- Visit an elderly relative - giving them your time and attention, assisting with chores
- Assist your siblings with homework/studying

Community : (minimum of 3 hours)

- Community Clean-Up – call your local city/neighborhood officials and see when the next clean-up day is scheduled. If there is not one, perhaps you could plan one. **PREPARE AFFAIR** is Saturday, November 11, 2017. Look for information in the fall.
- Contact a community official for a less-fortunate area near yours and see what their needs are-create a way to collect / donate to them.
- Donate time at a shelter/food-bank/community center. Freestore Foodbank has many opportunities for volunteering.
- Attend Rosary Makers Mtg (first Monday each month) and make Rosaries for missions.
- Supporting the efforts of our monthly Shelterhouse Dinner by baking cookies/desserts and sending them with our Parish team.
- Participation in an event that raises money and awareness about social need; i.e. Cross the Bridge for Life, Hunger Run
- Volunteer at Ronald McDonald House, Matthew 25 Ministry, etc.

School/Parish : (minimum of 5 hours)

You must do at least 2 different types of volunteer work in this category. You may not only do Altar Serving. At least one hour must be some other volunteer work for the Parish/School.

- Altar-Serving (Volunteer for Weddings, Funerals, Mass on weekdays during Christmas break or holidays. = 1 service hour)
- Altar-Serving (Sunday Masses)
- Lector or Distribute Communion at Masses (30 minutes of service)
- Assist with Sunday Child Care – 9:45am most Sundays (go www.olctk.org to volunteer)
- Assist with Sunday Pre-School – 9:45am most Sundays
- Christmas Gift Giving Program
- Fish Fry
- Assist at any parish event
- Prepare meals for Helping Hands Ministry
- Clean up School/Parish Grounds

Spiritual: (minimum of 2 hours)

- Participate in the Parish Living Rosary
- Small group Rosary gatherings
- Catholic Game Nights (TBA)
- Stations of the Cross (Mondays at 7pm during Lent)
- Holy Week Services: Holy Thursday, Good Friday, Easter Vigil
- Eucharistic Adoration (Fridays at 9:00am, Nov. 25th 9am – 3pm)
- Elective retreat or catholic youth event – October 22nd, 3:30pm – 8:30pm
- Attend religious speaker
- Attend Mass on a holiday (Labor Day, Thanksgiving, New Year's Day, July 4th – Masses are held at 9:00am)
- Watch a religious film and/or read a Catholic Book; engage in small group discussion/family discussion