

Ways to live the corporal works of mercy

Feed the hungry

- ◇ bring a meal to a family with a new baby or to a family having a difficult time
- ◇ Give restaurant gift cards to people in need
- ◇ help your younger siblings find a snack
- ◇ make dinner for your family
- ◇ eat beans and rice for a week and donate your grocery money
- ◇ buy groceries for an elderly neighbor or relative

Give drink to the thirsty

- ◇ give water to someone working in your neighborhood
- ◇ donate water bottles to a shelter
- ◇ don't waste water – take a short shower

Clothe the naked/give alms to the poor

- ◇ clean out your closets and donate your unneeded clothing
- ◇ donate to the K of C coat drive
- ◇ offer to help sort clothing at your local pregnancy resource center
- ◇ do the laundry for your family
- ◇ help a younger sibling get dressed
- ◇ give to Catholic Relief Services
- ◇ reach out to someone out of work

“Often it is the people closest to us who need our help. We should not go out in search of some unknown business to accomplish. It is better to begin with the simplest, which the Lord tells us is the most urgent.”

-Pope Francis General Audience (10/12/16)

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

- ◇ write a letter to an imprisoned friend or family member
- ◇ send flowers to a nursing home, or a lonely member of your parish
- ◇ offer to babysit a younger sibling
- ◇ check with your parish/diocese's prison ministry
- ◇ check in with someone who is especially isolated

Shelter the homeless

- ◇ donate food or blankets to a homeless shelter
- ◇ donate toiletries and sanitary items to a local shelter
- ◇ donate to disaster relief services
- ◇ support a family with a foster child
- ◇ help an elderly neighbor with home repairs or yard work

Visit the sick

- ◇ reach out to those who may be sick – phone/video call/letter or card
- ◇ look after a sick member of your family at home
- ◇ help an elderly or sick person with errands or chores
- ◇ deliver toys or books to a children's hospital
- ◇ send a note of support to a healthcare worker

Bury the dead

- ◇ send a card to someone who has recently lost a loved one
- ◇ visit a cemetery and put flowers on graves
- ◇ learn about your ancestors

Ways to live the spiritual works of mercy

Admonish the sinner

- ◇ set a good example
- ◇ remind a sibling or friend of the rules
- ◇ 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
- ◇ work on the corresponding virtue to resist a personal temptation.

Bear wrongs patiently

- ◇ assume the best of people you encounter in real life and online
- ◇ give up a toy or game that a friend or sibling wants to play with, even though you had it first
- ◇ don't gossip about the bad behavior of others
- ◇ when frustrated with someone, step away, take a few deep breaths, pray the Our Father and ask for patience
- ◇ commit to praying the Stations of the Cross once a week

Comfort the sorrowful

- ◇ write/send a letter or card, make a phone call, or send a treat to someone who is suffering and let them know you are thinking of them.
- ◇ send someone a sympathy card or a care package
- ◇ remember the anniversary of a friend's miscarriage or loss of a child or spouse
- ◇ read a story or sing a song to a sibling who is feeling sad
- ◇ send a link to our livestreamed Mass to those not able to join us in worship
- ◇ offer prayers for someone who is struggling

Instruct the ignorant

- ◇ teach someone how to make a Spiritual Communion
- ◇ share a helpful article or blog post in a friendly way
- ◇ help someone with technology
- ◇ lend a good book
- ◇ help a sibling read a book, play a game, or learn a prayer

Forgive all injuries

- ◇ practice forgiveness within your family
- ◇ forgive a grudge you've been holding, even if it was someone else's fault
- ◇ give a friend or sibling a second chance
- ◇ commit to making a regular examination of conscience
- ◇ Learn or teach your family the Divine Mercy Chaplet

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
- ◇ be grateful for blessings received

Pray for the living and the dead

- ◇ visit a cemetery, especially in November
- ◇ keep a family list of prayer intentions
- ◇ 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
- ◇ pray the rosary with family members for those suffering from the effects of the pandemic .