



## Alternative Service Learning & Reflection 2020-2021

If light of COVID, we are offering alternative service options for those who do not feel comfortable serving in-person at this time. Service always should start within the home and local communities. For those who are choosing to participate in the alternative service learning, we are asking that you complete one alternative service option from **each of the four categories below**. You will complete a total of 4 service experiences. You will find ideas listed below, or you can come up with your own creative idea for each category.

After completing all of your service, please respond to the reflection questions and turn them in.

Serve Your Family	Serve With Joy
<p><b>What this means:</b></p> <p>Serve your family or the people you live with. Intentionally change your mindset to see the value in serving your own family.</p>	<p><b>What this means:</b></p> <p>Drop kindness like confetti! You don't have to leave your house to share kindness and joy with others. Intentionally go out of your way to spread joy to others.</p>
<p>Service Ideas:</p> <ul style="list-style-type: none"> <li>• Cultivate Joy! Serve your family by intentionally lifting their spirits with something fun or meaningful.</li> </ul> <p>Ideas Include but are not limited to:</p> <ul style="list-style-type: none"> <li>○ Defer to an activity a family member enjoys</li> <li>○ Make a special unexpected gift for a family member</li> <li>○ Write an affirmation note to someone in your family</li> <li>○ Plan something special to do with a member of your family</li> <li>○ Spend uninterrupted (no technology) time with your family.</li> </ul> <ul style="list-style-type: none"> <li>• Serve with your hands! Tangibly serve your family with a hands-on project-without being asked.</li> </ul> <p>Ideas Include but are not limited to:</p> <ul style="list-style-type: none"> <li>○ Raking the Yard or other yard tasks</li> <li>○ Shoveling the Snow</li> <li>○ Helping with a project that needs to be done</li> <li>○ Cooking a meal</li> <li>○ Cleaning the bathroom or another room</li> </ul>	<p>Service Ideas:</p> <ul style="list-style-type: none"> <li>• Write a letter or a postcard to a friend or relative you have not seen in a while. Spend the time hand-writing something to someone you care about, reminding them why you appreciate them, are thinking of them, or checking in on them.</li> <li>• Create visual encouragement. Break out that sidewalk chalk and write some words on the sidewalk near your home. Paint stones of encouragement and leave them somewhere where someone could find them on a walk. Create signs for your windows at home, work, or in your car with messages of hope.</li> <li>• Utilize social media. Record a devotional thought and post it to your Facebook page. Post a link to an encouraging podcast or post. Share resources for mental health for those who may be struggling. Use your social media platform to share support and encouragement.</li> <li>• Have Fun &amp; Be Creative. Leave a singing voicemail for someone, play worship music from your deck, smile and wave to pedestrians... There are endless ways to radiate love for others through laughter and fun.</li> <li>• Write a letter to those in your community that are going above and beyond right now, thanking them for their dedication. Teachers, healthcare workers, grocery store workers, emergency services, and other essential workers.</li> </ul>



Serve Local Neighbors/Your Community	Serve your own heart
<p><b>What this means:</b></p> <p>Keep a pulse on the need in your own communities and at Lumen Christi. Use social media/nextdoor app to see what your neighbors may need. Reach out to Lumen Christi staff to see who in the parish may be struggling. Look in the newspaper or other media forms to see what organizations are struggling. If you see a need, be the person to fill that need.</p>	<p><b>What this means:</b></p> <p>Service starts within. Take time to reflect on the ways in which your heart is hardened or ways in which your own heart/soul needs to change. Take some time to reflect and actively work to change something that you know is a downfall of yours.</p>
<p>Service Ideas:</p> <ul style="list-style-type: none"> <li>• Little free library: Fill these little boxes around your neighborhood. Depending on the need, fill them with books for kid's literacy, food items, toiletries, etc.</li> <li>• Drop off food items to your local pantry or to community fridges. Food is Free MKE has an alley way pantry that is always looking for donations.</li> <li>• Write letters or cards to residents in nursing homes, Lumen Christi parishioners who may be shut-in and lonely.</li> <li>• Make a meal and drop it off to someone that you know is struggling. Ideas include those who are shut-in and cannot have visitors, new parents, those who are sick, those who are stuck at home while their loved one is in the hospital.</li> <li>• Send or drop off a thoughtful gift for someone who may need a little extra love-someone you know or a stranger.</li> <li>• Collect food donations, warm clothing donations, school supplies, books, holiday gifts etc and find an organization to donate to.</li> <li>• Support a child through our angel tree. Pick out the gift yourself and buy it with your own money.</li> </ul>	<p>Service Ideas:</p> <ul style="list-style-type: none"> <li>• Do you take time to pray? If not, spend a week intentionally taking 15-20 minutes of prayer time daily with God.</li> <li>• Are you disrespectful or short with a family member? Take some time to reflect on this and actively challenge yourself to respond with patience and love.</li> <li>• Do you have a prejudice or bias towards someone? Take some time to explore where the root of your prejudice lies and then go out of your way to learn about that person and their ethnicity, beliefs, culture etc.</li> <li>• Do you use social media to share harmful or inappropriate things, bully or make fun of others, or bring down instead of lift up? Spend a week away from social media. When you return, spend a week posting positivity and kindness.</li> <li>• Are you addicted to social media? Take a week-long social media break. Use that time to spend more time with family and loved ones.</li> <li>• Is there someone in your peer group that you have not been kind to or harmed? Take some time to reflect on that relationship and how you can make amends. Then go and apologize and make amends with that person.</li> <li>• Is there a sin that you are struggling with? Take time to reflect on it. Attend confession. Come up with ways in which you can actively better yourself.</li> </ul>

*In a time where we can't go anywhere, there is still plenty to do!*



The purpose of reflection is to help you develop a deeper understanding of yourself, others, your community, and the world. Reflection helps you relate your service-learning experiences to your work in the formation sessions. Please write your name on your reflection before submitting it to Amy in the Catholic Formation Office.

## **Reflection Questions**

Please answer the following questions in the reflection of **one** of your service learning experiences:

### **Serve your Family (Paragraph 1)**

1. What did you choose to do to serve your family?
2. How did your family respond?
3. How did you feel after serving your family?

### **Serve with Joy (Paragraph 2)**

1. Do you feel like you are normally a joyful person?
2. What did you do to serve with joy?
3. How did it make you feel to do something with joy that you may not see the results of?
4. What are other ways you can continue to serve with joy?

### **Serve your neighbors/Community (Paragraph 3)**

1. What did you choose to do to serve your community and why did you chose that idea?
2. How did it make you feel to serve from afar-without necessarily interacting with someone?
3. Where do you find that your community is struggling?

### **Serve your own heart (Paragraph 4)**

1. If you feel comfortable, what about your own heart did you chose to serve?
2. Did you feel any change after focusing on your own heart/self-improvement?
3. What did you learn about yourself through this experience?
4. Do you believe your service made a difference-why or why not?

**Please complete and return (drop-off, email, mail) to the Catholic Formation Office by Friday, April 30th via the contact information below:**