

## **Spiritual Works of Mercy**

### **Holy Hour Vigil (Eucharistic Adoration/Benediction) (Pray for the Living and the Dead) \*\*THIS YEAR WE ARE REQUIRING 2 ADORATION VISITS\*\***

- Every First Friday of the month spend some time in prayer before the Blessed Sacrament exposed in the monstrance on the altar
- After the 9:00 AM Mass until the 6:30 PM Mass; then again after Mass until 9:00 PM closing with Benediction
- Recommend spending an hour, but any time spent before the Blessed Sacrament in prayer is time well spent!
- There is also adoration between the 7:30 AM and 9:00 AM daily Masses if you want to jumpstart your school day spending time with Jesus in His house.

Check out the Wreaths Across America program where volunteers are needed to place wreaths on the graves in local cemeteries (Quantico and Arlington) to honor the dead.

### **Tutor a peer or younger student (Instruct the Ignorant)**

- If you know a younger student who is struggling with virtual RE lessons or their public-school classes and can SAFELY provide tutoring (without accepting payment for your services), this would be a great option.

### **Pro-life Activities**

- March for Life in January – consult bulletin for more information