

# Mission Hour Ideas

All Catholics are called to be Christ in the world. We do this particularly through performing corporal and spiritual works of mercy.

- The Corporal Works of Mercy are found in the teachings of Jesus and give us a model for how we should treat all others, as if they were Christ in disguise. They “are charitable actions by which we help our neighbors in their bodily needs.” They respond to the basic needs of humanity as we journey together through this life.
- The Spiritual Works of Mercy are acts of compassion by which we help our neighbors with their emotional and spiritual needs.

Below are listed ways in which we can live out the spiritual and corporal works of mercy. Other ideas will be accepted as well. These should be beyond what you normally do. If in doubt, contact [middleschoolministry@saintv.org](mailto:middleschoolministry@saintv.org).

## **Corporal Works of Mercy:**

### ***Feed the hungry***

- Build/plant a garden (Help start seeds and plant a family garden)
- Make and clean-up a nice dinner for your family (outside of what you would normally help with)
- Raise money for an approved organization: Mary’s Meals, St. Vincent dePaul Society, etc. (bake sale, etc.)
- Make dinner to bring to someone who is sick or who just had a baby or lost a loved one.

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

- Have a “donations only” lemonade stand (or other fundraising idea) and use the proceeds to [Improve the Water Supply in Ethiopia](#) via Catholic Relief Services or to purchase baby formula for a local Women’s Care Center.

### ***Shelter the homeless***

- Clean screens/windows for your parents or a neighbor
- Yard work (mulch, raking, pulling out dead vegetation, planting flowers, mowing)

### ***Clothe the naked***

- Clean out your closet and take old clothes to an organization that collects donations.
- Knit, crochet, or sew baby blankets for the Women’s Care Center.
- Knit, crochet, or sew scarves, hats, and gloves for your local homeless shelter.

### ***Visit the sick***

- Cards for the homebound or those in hospital, who are particularly lonely right now. Make these meaningful. Tell them you'll pray for them...and actually do it! (Get siblings to help with this too!)
- Help an elderly neighbor Build/plant a garden (Help start seeds and plant) or with yard work (mulch, raking, pulling out dead vegetation, planting flowers)
- Help an old or sick person with errands or chores

***Visit the imprisoned*** (This doesn't always mean those in prison, but it can include those who can't just leave and do whatever they want whenever they want)

- Write a letter to a prisoner (Note: parents should be involved in this. **Do not** give away any personal information or sign your last name)
- Collect or fundraise money to buy and donate bibles and/or spiritual reading materials to a prison.
- Offer to babysit for a mother of all young children
- Go Christmas caroling

***Bury the dead***

- Visit a cemetery and put flowers on graves
- Go to a cemetery and take a walk, praying a rosary for those who are buried in the cemetery. (Note: beyond what you would normally do)

***Give alms to the poor***

- Walk around the neighborhood and clean up trash (using safety precautions- ie. disposable gloves, hand washing),
- Passing out flyers to neighbors offering to rake leaves, do yard work, walk the dog, pick up dog poop...anything that would limit contact, but still be helpful.

**Spiritual Works of Mercy:**

***Counsel the doubtful***

- Share your faith with someone- tell them about Jesus and why you are Catholic.
- Invite someone who's not Catholic to join you for Mass and explain to them what's happening.

***Instruct the ignorant***

- Entertain or teach siblings in a creative and intentional way such as plan an art project or activity,
- Teach a younger sibling a skill - drawing, painting, playing an instrument, catching/throwing, braiding hair, numbers and colors in another language... and the sibling has to demonstrate their new skill to the parent :)
- Tutor someone (officially by request of his/her parent)
- Use technology to share your faith with others.

### ***Admonish the sinner***

- Invite someone to go to Confession with you.
- Stand up for and report bullying of any kind.
- Have a calm and loving chat with a person with whom you have a relationship about a particular sinful behavior

### ***Comfort the sorrowful***

- Spend time Face-timing someone you usually wouldn't, but who is lonely due to needing to be isolated (think of nursing homes/retirement homes/anyone)
- Offer comfort to someone by making them a meal or a treat, or a card.
- Write a kind letter to someone who is struggling- family member, classmate, neighbor and give it to them.

### ***Forgive injuries***

- Pray a Divine Mercy Chaplet for our world (5 minutes per chaplet- make a habit of it)
- Write a letter of apology to someone you have wronged or a letter of forgiveness to someone who has wronged you.

### ***Bear wrongs patiently***

- Spend time with someone who you struggle to get along with and focus on developing a positive relationship. ***This does not include siblings!*** (Total of 1 hour can be obtained for this)

### ***Pray for the Living and the Dead***

- Create a prayer service for the family and lead the family in prayer (good especially if the family can't go to Mass on Sunday, but more family prayer the better during this challenging time, so don't limit it to Sunday!) (ie. Praise and worship song, lectio divina with Sunday readings, end with family intentions and a decade of the rosary)
- Go to a cemetery and take a walk, praying a rosary for those who are buried in the cemetery.

Though this time is more challenging, it is also one of great opportunities! Opportunity to be creative. Opportunity to bring hope and community to others using the gift of technology, which so often is poorly used but now has a great occasion to be used for good!