



FAMILIES LIVING THE GOSPEL REFLECTION



As a family, complete the following reflection after participating in a Corporal Work of Mercy charity or justice experience together. This experience can either be at St. Vincent, in the larger community, or at home! You can find suggestions for experiences on the back of this form, the Sunday bulletin, & the St. Vincent website. Also check community events pages, local media, & your child's school.

Family Name: _____

First Names & Grades of Children:

Three horizontal lines for writing, with a light blue-to-green gradient background.

Describe the type of experience you had. What did your family do? Where did your family have this experience?

Circle which type of experience this was.
JUSTICE Removes root causes and improves structures.
CHARITY Meets basic needs and aids individuals.

Circle which Corporal Work of Mercy your family experience addressed.
Feed the Hungry Shelter the Homeless
Clothe the Naked Visit the Sick or Imprisoned
Bury the Dead Welcome the Stranger
Care for Creation
*See the back of this page for descriptions and ideas of each Corporal Work of Mercy!

How did your family make an impact on those you served?

Where did your family see God in this experience? How did those you served make an impact on your family?

How can your family take what was gained & learned from this experience and apply it to your everyday life?

Corporal Works of Mercy

The Corporal Works of Mercy are kind acts by which we help our neighbors with their material and physical needs. The corporal works of mercy come to us from Matthew 25:34-40, where Jesus tells us that whatever you did to the least of these, you did it to Him. Below are some simple and some not so simple ideas to get your family started. As Pope Francis said, "True power is service. The Pope must serve all people, especially the poor, the weak, the vulnerable." If he can do it, so can we!

Feed The Hungry - Make sandwiches and pass them out to the homeless. Keep granola bars in your car to pass out to people in need at stoplights. Pick up leftovers at a local grocery store, bakery, or restaurant and deliver them to a food bank or homeless shelter. Take a friend out to lunch, your treat. Keep the contact information for the St. Vincent de Paul Society, and a list of local food banks and soup kitchens on hand to pass out to those you encounter who could use such services. Volunteer at a food bank. Serve at a soup kitchen such as St. Mary's Soup Kitchen. Prepare and take a meal to someone in your community who is seriously ill or welcoming home a newborn. Participate in St. Vincent de Paul food drives. Pass out water bottles to the homeless. Have a "donations only" lemonade stand and use the proceeds to benefit Catholic Relief Services. Pay for the coffee of the person behind you at a coffee shop. Take a cold glass of water to a neighbor doing yard work. Donate baby formula to a local pregnancy help center. Avoid wasting food.

Clothe the Naked - Go through your closet and give away what you don't need. Host a clothing drive and donate the items. Knit, crochet, or sew baby blankets for your local pregnancy help center or homeless shelter. Knit, crochet, or sew scarves, hats, and gloves for your local homeless shelter. Score some sweet deals at garage sales and donate the items to a homeless shelter.

Shelter the Homeless - Attend a mission trip and help build and repair homes. Volunteer to do manual labor to help in the upkeep of a homeless shelter. Keep a list of local homeless shelters on hand to pass out to those you meet on the street. Become a mentor to a foster child. Send a care package with special treats to an orphanage. Help a family working towards adoption by hosting a fundraiser for them. Advocate for public policies and legislation that provide housing for low-income people.

Visit the Sick or Imprisoned - Volunteer at a hospital. Volunteer to call Bingo at a nursing home. Send flowers or a card to someone you know who is in the hospital. Take the Eucharist to the homebound in your community. Take the time to call, send a card or an e-mail to someone who is sick. Make cards and deliver them to local hospital rehab facilities. Visit a seriously or terminally ill member of your parish. Take a meal to someone in your community who is seriously ill. Assist those who are full-time caregivers for family members. Donate bibles and/or spiritual reading materials to a prison. Mentor a teen at a juvenile correction center. Pray for the families of inmates.

Bury the Dead - Attend wakes and/or funerals of those you knew. Volunteer with a hospice program. Supply a dish for a funeral luncheon. Help a widow or widower in need with yard work or errands. Visit the cemetery and pray for the dead. Donate to ministries that offer free Catholic burials to those who are unable to afford one. Pray for the people listed in the Church bulletin. If you hear about something tragic or sad on the news, pray for the people involved. Pray at an abortion clinic for the lives lost to abortion. Visit a cemetery and clean up any trash you see. Make homemade sympathy cards.

Welcome the Stranger - When a new family moves to your neighborhood, go and introduce yourselves. Throw your coin change into a jar and periodically donate it to a charity. Pray for immigrants and refugees. Greet those sitting around you at Mass, especially someone you do not know. Be kind to those you meet while running errands.

"Stewardship is a way of life. For Christians who follow in the way of the Lord Jesus, stewardship is an expression of discipleship. When we recognize that God is the origin of all life, the giver of everything that we have and are, the source of our freedom and giftedness, the healthy person responds by thanking God through prayer, by serving God and God's people through service, and by sharing our financial resources with those in need. Stewardship is a way of life based upon conversion of heart." -Bishop Robert Morneau, Green Bay, WI