



## Parish Life Hours

- **Confirmation Requirement** – 20 hours minimum of Parish Life Hours (15hrs to be completed within CTK Parish, 5hrs to be completed in a outside community agency)
- **God's Requirement** – *'a lifetime of service' - Your life is a gift. It is a gift that is meant to be given away in love.*  
**IT'S UP TO YOU - to seek your own opportunities to serve.**

### ***SOME IDEAS . . . (Corporal Works Of Mercy)***

The following are simply suggestions to help you formulate your own service projects. All candidates for Confirmation are required to give of their time and talents to learn that acts of service are a regular part of our daily living of the Christian Way of Life as taught in the Gospels. God exists as 'Gift'. He is giving Himself away pouring Himself out for our good at every moment. We are made in His image and likeness and as St John Paul the Great explains, we become truly ourselves when we give ourselves away as a sincere gift. Acts of service is a holy and concrete way to live this call on our lives. These various areas of service will challenge each young person to grow and expand the way in which they serve God and others. It will allow them to try something they may never have thought of doing before and perhaps learn new skills as well as become aware of ways serving that they are good at and enjoy. Remember, these should be "extraordinary acts" wherein you go beyond your normal routine to serve others.

### ***"Feed the Hungry" / "Give Drink to the Thirsty"***

Host a mini-food drive in your neighborhood; work at the Catholic Action Center or contact God's Pantry and ask how you can help/what you can donate; donate and shop for groceries for a neighbor who needs help; Put together 'Blessing Bags' (assemble at home and deliver within community); Provide 'Holiday Baskets' for Ronald McDonald House. etc

### ***"Clothe the Naked"***

Host a clothing drive in your neighborhood; clean out your closet, gather & donate baby items and donate these to Local children's shelters; choose an angel from the Giving Tree at Christmas and use YOUR OWN MONEY to buy the gift(s).etc; Make and deliver fleece blankets for the Catholic Action Center. etc

### ***"Visit the Imprisoned" / "Shelter the Homeless"***

Write letters to those that are homebound in our parish (get a list of names and addresses from Youth Director)/friends or family; run errands and/or shop for a homebound neighbor/parishioner; help an elderly person who is homebound with yard work, housework, or just by visiting; Look into ways of helping those who are imprisoned by extreme poverty; prayer and simply raising awareness in others can be very helpful; contact a homeless shelter e.g. Catholic Action Center, ask about ways you can help. etc

### **“Visit the Sick”**

Contact a senior citizens home – ask if you can play bingo, bring cookies, etc.; visit someone in the hospital/nursing home if possible, write letters to them/ask if there are any activities to help make the residents feel less isolated; help a sick friend or neighbor with housework, yard work, etc.; visit a children’s hospital – take stuffed animals, coloring books, etc (call and find out what they might need) and donate them; Sit outside the hospital and pray a rosary or other appropriate prayers for those in the hospital for their healing and comfort; do a holy hour for those that are sick, for their healing and comfort. etc

### **Other Ways to Serve . . .**

Be an ALTAR SERVER; be a teen volunteer for CCD; a weekly rosary for any special cause (the sick, the dead, an end to abortion, current issues etc.) is a WONDERFUL way to serve; ADORATION! Ask some friends who are also preparing for Confirmation to join you; organize a prayer service, online/in person for friends, family etc; house or yard work at home or another family member, or neighbor (without allowance or payment); Babysit for a younger sibling, cousin, neighbors, friends etc (without charging a fee); organize a garage sale and donate the money to a charity of your choice; become a tutor for a younger youth (online or in person); Make and sell items then donate profits to a charity of your choice; Get involved with the ministry ‘Able’; Participate in any church sponsored program needing volunteers; Cleaning Church Yard; Start seeds in your own garden to be transplanted into a community garden at a later date;

Send thank you videos or cards to local First Responders who are combating the Coronavirus and/or individuals within the CKS Community that are serving in the military; Join any church sponsored virtual function or programs needing volunteers that support social distancing; Organize a virtual fundraiser; Participate in ‘Cards for Hospitalized Kids’, deliver cards at a later date when it is safe to do so or mail it to the hospital to distribute for you; Organize a virtual 5k or other fundraiser to raise funds for a local agency, charity or cause. etc

**Be creative, pray about it, ask God to help you see where He needs your hands and your heart!**

