

## **Confirmation Service Opportunities for St. Mary's Corporal & Spiritual Works of Mercy**

For Confirmation you are called to serve your community that you are being confirmed into. Below is an explanation of the corporal and spiritual works of mercy. Your service opportunities should be based off of one of the following.

### **Corporal Works of Mercy**

*Feed the Hungry - "For I was hungry and you gave me food" - Matthew 25:35*

Food does more than keep us alive, it nourishes us. It provides essential vitamins that our body needs to live well. Look to see who is near you today. How can you help nourish them to allow them to live well?

*Give Drink to the Thirsty - "For I was thirsty and you gave me drink" - Matthew 25:35*

Have you ever met someone who was desperately thirsty? They long for water, for their quench to be satisfied. Give drink to those who long for water and to help satisfy them.

*Clothe the Naked - "I was naked and you clothed me" Matthew 25:36*

It is our clothing that provides warmth and comfort. It protects us from the harshness of the weather. Give clothes to those who are in need of a little more protection and comfort.

*Harbour the Harbourless - "I was a stranger and you welcomed me" Matthew 25:35*

Home, a home is a special place. Home does not always mean the roof over your head, but is composed of the people, the memories, and the environment that make a place feel like a home. Cultivate an atmosphere of peace and security wherever you may find yourselves to make the place feel a little more like home.

*Visit the Sick - "I was sick and you visited me" Matthew 25:36*

Those who are suffering are especially close to Jesus though it can be hard for them to see it. Those who are sick are forced to carry a heavy cross. Let us be like the Simon who helped Jesus carry his cross by sharing the suffering of others. It doesn't need to be anything grand, but simply letting someone else know you are there can make their cross seem a little more bearable.

*Ransom the Captive - "I was in prison and you came to me" - Matthew 25:36*

Everyone has inherent dignity in their identity as God's beloved son or daughter. Nothing we do can take away this identity including becoming imprisoned. We each have gifts to offer the world no matter the circumstances we may find ourselves in. This corporal act of mercy is centered upon this truth.

*Bury the Dead - "If I saw any one of my people dead and thrown out behind the wall of Nin'evah, I would bury him" Tobit 1:17*

Out of reverence for the body, we are to bury the dead. In doing so we prepare a resting place for the bodies of those who have passed from this life until the resurrection of the body.

## Spiritual Works of Mercy

*Admonish the Sinner - "Iron sharpens iron, and one man sharpens another" Proverbs 27:17*

When we hear admonish, we can think of a harsh reprimanding of another. This spiritual work of mercy is not that. It is to be undertaken in a kind spirit to challenge those who have sinned to return to the loving embrace of God. We need to be challenged by one another to grow and turn away from sin.

*Instruct the Ignorant - "Go therefore and make disciples of all nations, baptizing them in the name of the Father, and of the Son and of the Holy Spirit" Matthew 28:19-20*

This spiritual act of mercy is centered upon evangelization. The word ignorant here does not carry the negative connotation which we normally associate with the word today, rather it simply means the uninformed. Thus, this spiritual act of mercy is centered upon instructing those who do not know God about the beauty and richness of the faith.

*Counsel the Doubtful - "Peace I leave with you; my peace I give to you; not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid." John 14:27*

God brings with Him a peace that only He can give. This spiritual work is to tell others who are troubled or doubtful of this peace that comes from knowing and trusting God is who He says He is. By instructing others of who God is, one is able to come to believe in the unshakeable goodness of our Lord.

*Bear Wrongs Patiently - "Love your enemies and pray for those who persecute you" Matthew 5:44*

It can be difficult to accept and bear out of love the wrongs of others. Our actions have consequences and at times others will hurt us and we likewise will hurt others. We are not to overly burden ourselves with the hurts of others, but nonetheless, we are to bear the wrongs of others patiently and lovingly. This mirrors Christ on the Cross who took all of our wrongdoings upon Himself.

*Forgive Offenses Willingly - "For if you forgive men their trespasses, your heavenly Father also will forgive you" Matthew 6:14*

No human person is perfect, we are all sinners in need of mercy and forgiveness. We are called to forgive one another as God forgives us. This is not easy, but we are called to forgive our brothers and sisters when they offend us. This does not mean that we should allow others to walk over us so to speak, but rather are challenged to forgive them and call each other higher.

*Comfort the Afflicted - "remember your word to your servant, in which you have made me hope. This is my comfort in affliction that your promise gives me life" Psalm 119: 49-50*

The word of the Lord gives us hope, even when it feels like all hope is lost. This spiritual work of mercy is centered upon comforting others that there is always hope no matter how dark things may be. It is understanding that the darkness cannot overcome the light.

*Pray for the Living and the Dead - "Pray for one another, that you may be healed" James 5:16*

We are called to pray for all the living and the dead to lift one another up in prayer. This goes back to Abraham where he asks God to intercede for the Egyptians in exile as he asks God to bless and save them. Let us pray for one another today and always.

## Ideas for Service Opportunities

**\*You must spend at least two hours on your project\***

- *Volunteer at a local food bank*
  - \*If you are at an increased risk due to COVID-19 consider another activity\*
    - Contact the food bank ahead of time to learn of current COVID/physical distancing procedures see below for more information...
  - Houston Food Bank
    - If you are 16 years old or younger, you must be accompanied by an adult
- *Organize a food drive among your family, neighbors, and/or friends*
  - How? Write an email to others saying that you are doing a clothing drive. Ask others to sort through their closets and see if there is anything they are willing to donate. Leave a bin or a box on your driveway for people to bring their donations. Bring to the Parish Office for Lauren.
- *Organize a clothing drive among your family, neighbors, and/or friends.*
  - How? Write an email to others saying that you are doing a clothing drive. Ask others to sort through their closets and see if there is anything they are willing to donate. Leave a bin or a box on your driveway for people to bring their donations. After the drive is over, bring the donated clothing to Goodwill, or a local homeless shelter
- *Sew masks to hand out at Mass*
  - Bring to the parish office for Lauren to verify. She will place them in the basket for others.
- *Help our Archdiocesan pro-life ministries*
  - Gabriel Project - for new and expectant mothers.
    - Organize a baby drive for diapers, formula, car seats, etc.
  - Project Rachael - a healing ministry for those suffering after an abortion
    - Knit or crochet prayer shawls to be handed out to women on retreat.
  - Jerome's Hope - for those who lost a child prematurely
    - Make something to help the parents remember their lost child. This could take the form of decorating an ornament, cross, etc. Reach out to Lauren at [Lauren.revay@saintmcc.org](mailto:Lauren.revay@saintmcc.org) to learn more.
- *Write notes for the bags of food given out at our food pantry*
  - Write notes to include in the food bags distributed at the parish's food pantry. They can include bible verses, quotes, drawings, etc. The overall theme of the note should be to brighten someone's day.
- *Organize a virtual prayer session and invite your family and friends.*
  - You can pick something specific to pray!
  - How? Choose a specific intention, send out an email to everyone you want to invite. Include a zoom link!
    - Keep in mind that zoom can limit your meeting to 40 minutes.
  - How your prayer session looks is up to you! One idea is to pray a Rosary with everyone. You can write your own reflection too, we would be happy to help you work on this.

**You are welcome and encouraged to do one not on this list.**

**\*\*\*Be sure to get it approved before to ensure it falls under one of works of mercy. \*\*\***