

Sacred Heart Cathedral Confirmation Program

Corporal and Spiritual Works of Mercy Service Commitment

"It is not how much we give but how much love we put in the action."~ Blessed Teresa of Calcutta

Catechism of the Catholic Church states in paragraph 2447 "The *works of mercy* are charitable actions by which we come to the aid of our neighbor in his spiritual and bodily necessities.²⁴² Instructing, advising, consoling, comforting are spiritual works of mercy, as are forgiving and bearing wrongs patiently. The corporal works of mercy consist especially in feeding the hungry, sheltering the homeless, clothing the naked, visiting the sick and imprisoned, and burying the dead.²⁴³ Among all these, giving alms to the poor is one of the chief witnesses to fraternal charity: it is also a work of justice pleasing to God:²⁴⁴"

"He who has two coats, let him share with him who has none and he who has food must do likewise.²⁴⁵ But give for alms those things which are within; and behold, everything is clean for you.²⁴⁶ If a brother or sister is ill-clad and in lack of daily food, and one of you says to them, "Go in peace, be warmed and filled," without giving them the things needed for the body, what does it profit?²⁴⁷"

Student Commitment

1. As a student in the Sacred Heart Cathedral Confirmation program we request that you take time this year to actively participate in service to others in your community by completing **3 Corporal or Spiritual Works of Mercy** by **April 1st**. This commitment will be considered your service work for the year.
 2. Below you will find the corporal and spiritual works of mercy and some ideas of what type of service you can do for each one. These are only suggestions and you may develop your own projects or participate in an ongoing project for any of them.
 3. You must complete a service form with verifying signature and turn in to your portfolio by **APRIL 1st**. Additional forms can be requested.
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SERVICE COMMITMENT FORM

Complete the following tasks: (Turn this form in for each service completed.)

Name: _____

Class/Teacher: _____

Adult Signature for whom the service was performed or Parent if done as a family:

1. Define the Corporal or Spiritual Work of Mercy performed
2. Write one paragraph about the service you performed. Please include what you did, why it fits into the corporal/spiritual works of mercy, and a personal reflection about how this service has impacted your faith life.

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Corporal Works of Mercy (Mt 25:31-46)

1. Feed the Hungry

- Sponsor a family for Thanksgiving or Christmas.
- Turn in cans or other non perishables to Catholic Parish Outreach or volunteer at CPO.
- Deliver food baskets during Thanksgiving or Christmas to families.
- *Family Option: Family donates to the Rice Bowl for a month or as a family take food to a neighbor.*

2. Give drink to the thirsty

- Collect formula or bottles to donate to Catholic Parish Outreach.
- Give money to Haiti or countries in need of clean water.
- *Family Option: Give up pop or and/or coffee as a family for a week and donate the money you would have spent on pop/coffee to a charity working on clean water resources for people.*

3. Clothe the naked

- Donate clothes preferably to Good Will or St. Vincent DePaul, or baby clothes to Gabriel Project.
- Donate mittens, hats, gloves and scarves for local children in need.
- *Family Option: Work together to clean out your clothes and donate them. Discuss with your family why you are donating clothes.*

4. Shelter the homeless

- Volunteer time at a local homeless shelter.
- Help with Habitat for Humanity.
- Sponsor a child in need or work with an organization that supports homeless teens.
- *Family Option: Visit a homeless shelter together and learn about the homeless in Raleigh.*

5. Visit the sick.

- Visit a nursing home.
- Do something for someone who is ill that they are not able to do for themselves.

6. Visit the imprisoned

- Help with the parish prison ministry.
- Create cards for the imprisoned.

7. Bury the dead

- Attend or serve at a funeral.
- Pray at cemetery for souls in purgatory.
- *Family Option: family does something special to remember and pray for a loved one who has gone before us.*

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Spiritual Works of Mercy

1. Admonish the sinner

- Speak up against immoral behavior.
- Speak up when someone uses the Lord's name in vain or profanity.
- Speak up for the culture of Life.
- Say something when you see someone being disrespected.
- *Family Option: Have a family discussion on inappropriate TV programs and movies.*

2. Instruct the ignorant

- Have a conversation on Church teachings.
- Read upcoming Sunday's readings and discuss with friends or family.
- *Family Option: Discuss catechism questions as a family or review the Bishop's 20 Questions over dinner.*
- *As a family read the Sunday readings prior to Mass and pray together.*

3. Counsel the doubtful

- Bring a friend to Mass.
- Talk to a peer or family member about the faith.
- Pray the rosary for hearts to be converted to Christ.
- *Family Option: as a family pray for lost souls.*
- *Family Holy Hour.*

4. Comfort the sorrowful

- Send card or care package to someone in need.
- Visit a nursing home.
- Create a project to improve the lives of the sorrowful.
- *Family Option: pray the rosary as a family for someone.*

5. Bear wrongs patiently

- Learn the Act of Contrition.
- Receive the Sacrament of Reconciliation.
- Write a letter to someone who has wronged you and let them know that you have forgiven them.
- Stay calm and avoid acting out in anger when wronged.
- *Family Option: Fast as a family for patience.*

6. Forgive all injuries

- Write a letter to someone encouraging them to forgive.
- Pray for the ability to forgive and forgive as fast as you can.
- Offer up a Mass for the person who caused injury.
- *Family Option: Pray Divine Mercy Chaplet together.*

7. Pray for the living and the dead

- Pray the Rosary.
- Spend face to face time with our Lord in the Blessed Sacrament (Adoration).
- Mediate on the Scriptures using Lectio Divina.
- Pray for young women to choose life instead of an abortion.
- *Family Option: Pray for Poor Souls in Purgatory.*
- *Family Holy Hour.*