

*THE HOLY NAME OF JESUS
TEENS ENCOUNTER CHRIST ** TEENS CHOOSE CHRIST*

WORKS OF MERCY

SERVING CHRIST IN THE PERSON OF OUR NEIGHBOR



*Christ has no body on earth but ours, no
hands, but ours, no feet, but ours.*

*Ours are the eyes
through which the compassion of Christ
looks out upon the world.*

*Ours are the feet
with which He goes about doing good.*

*Ours are the hands
with which He blesses His people.*

St. Teresa of Avila

The Corporal Works of Mercy

(from Matthew 25:35-46)

1. Feed the hungry.
2. Give drink to the thirsty
3. Clothe the naked.
4. Shelter the homeless.
5. Visit the sick
6. Visit the imprisoned.
7. Bury the dead.

The Spiritual Works of Mercy

1. Counsel the doubtful.
2. Instruct the ignorant.
3. Admonish the sinner.
4. Comfort the sorrowful.
5. Forgive injuries.
6. Bear wrongs patiently.
7. Pray for the living and the dead.

CATHOLIC SOCIAL TEACHING

1. All human life is sacred. The basic equality of all people flows from their dignity as human persons and the rights that flow from that dignity.
2. The human person is the principle, the object, and the subject of every social group.
3. The human person has been created by God to belong to and to participate in a family and other social communities.
4. Respect for the rights of people flows from their dignity as persons. Society and all social organizations must promote virtue and protect human life and human rights and guarantee the conditions that promote the exercise of freedom.
5. Political communities and public authority are based on human nature. They belong to an order established by God.
6. All human authority must be used for the common good of society.
7. The Common good of society consists of respect for and promotion of the fundamental rights of the human person; the just development of material and spiritual goods of society; and the peace and safety of all people.
8. We need to work to eliminate the sinful inequalities that exist between peoples and for the improvement of the living conditions of people. The needs of the poor and vulnerable have a priority.
9. We are one human and global family. We are to share our spiritual blessings, even more than our material blessings.

The Holy Name of Jesus
Teens Encounter Christ/Teens Choose Christ
Works of Mercy Service Requirement

Although traditionally students have been required to perform a designated number of service hours, I would like to focus on service as a natural part of living our Catholic faith; therefore, the following are requirements for service:

- Read and understand the Spiritual & Corporal Works of Mercy and Catholic Social Teaching
- Use them as a guide to recognize in your everyday life ways in which to implement them
 - Pray that God will open your eyes to the opportunities that present themselves
- Make volunteering for at least two established service organization or parish ministries part of your experience this year
- Report to Mrs. Aguilar your progress in living the Corporal and Spiritual Works of Mercy in our one-on-one spiritual direction meetings.

Confirmation Service Goal

This year, I will make a conscious effort to serve others at every opportunity God lays before me. I will not count hours, but will read and understand what Christ asks of me in the Corporal and Spiritual Works of Mercy. Then, I will be aware of the opportunities that arise in my daily life where I can put these works into practice. I will go out of my way and volunteer for two service organizations/church ministries or create my own service outreach for at least part of my experience this year. And most importantly, I will pray every day for God to show me how he wants me to live my life to build up the Kingdom of Heaven. I will report my progress when in my spiritual direction meetings with Mrs. Aguilar or another member of the Faith Formation Team.

Name Printed

Signature

Date

Everyone is obliged to perform the works of mercy, according to his own ability and the need of his neighbor. It is important to remember that ordinary deeds done every day to relieve the corporal or spiritual needs of others are true works of mercy, if done in the name of Christ.

Corporal Works of Mercy

To feed the hungry. Everyone needs food for their body. It is an act of love to help others to obtain their bodily nourishment, especially those in greatest need. [Examples: Bringing food to the poor, donating money to buy food for the poor, sharing your food or candy, helping to shop for groceries, helping with the cooking, doing dishes, waiting on company .]

To give drink to the thirsty. What is said of food also applies to drink. [Examples: Giving someone a drink on a hot day, giving the baby its bottle, pouring drinks at the table, lifting up a young child to get a drink at a water fountain.]

To clothe the naked. Everyone needs clothing for warmth, protection, modesty and dignity. It is an act of love to help others obtain clothing, especially those who need help. [Examples: Bringing clothes to a needy family, sharing outgrown clothes with another family, bringing clothes to a clothing drive, helping a young child get dressed, helping with laundry at home.]

To visit the imprisoned. Those in prison and many other persons and their families suffer hindrances or dangers to freedom. Helping them, visiting them or protecting them is an act of love. [Examples: Visiting prisoners, fighting for humane treatment for the imprisoned, helping to care for the families of the imprisoned, protecting a little child from a bigger child, taking care of and protecting the baby, fighting for one's country.]

To shelter the homeless. Everyone needs shelter. Some people live in cardboard homes; some people live in homes made of discarded materials; many people are homeless. To help the homeless obtain shelter or to preserve it is an act of love. [Examples: Bringing others to your home in times of fire, floods, or other disaster. Working at or supporting a homeless shelter. Helping to take care of the house, dusting the furniture, making the beds, cleaning the floor, and cutting the grass.]

To visit the sick. Helping sick people in any way is an act of love. [Examples: Visiting someone in the hospital or nursing home. Visiting someone who is sick at home or the elderly who are shut-ins. Running an errand for an elderly or sick person. Reading to the sick or elderly.]

To bury the dead. It is an act of love to show respect for the bodies of the dead, since during life, they were temples of the Holy Spirit and received the Body and Blood of Christ in Holy Communion. [Examples: Going to funerals and wakes. Treating cemeteries with respect. Cutting the grass on a grave. Putting flowers on it.]

Spiritual Works of Mercy

To admonish the sinner. It is an act of love to try to make another realize how bad sin is. This might be done by trying to keep him out of sin or an occasion of sin, or by trying to get him to confession. In cases where we think it might make him worse, we do not correct him directly. We can let him know indirectly, especially by our example, that we do not approve of his actions.

To instruct the ignorant. It is an act of love to help others in one way or another to learn the truths they need to know to save their souls.

To counsel the doubtful. It is an act of love to help others to be certain about what they should do to love and serve God. Many souls could be saved if Catholics would make the effort to speak the truth in love to their neighbors.

To comfort the sorrowful. It is an act of love to help another person in any kind of sorrow, and to refrain from doing anything that would unnecessarily cause another person more sorrow.

To bear wrongs patiently. It is an act of love to accept the consequences of another's thoughtlessness or carelessness and to suffer inconveniences which another should bear. This is the example given to us by Jesus who suffered greatly for us all when he was innocent.

To forgive all injuries. It is an act of deep love to forgive all those who have injured us in any way, even deliberately and with malice. Christ demands that His followers have great love and forgiveness for one another and even for our enemies in imitation of His own forgiveness of us and of His enemies as He hung on the cross. In His almighty wisdom, God knows that failing to forgive causes further injury to the person originally injured.

To pray for the living and the dead. Sharing in the communion of saints demands that we pray for everyone. This is a great means of spreading the fires of love to others, whether in this world or in purgatory. Prayers for the dead at a cemetery carry special graces.

More Practical Suggestions for Practicing the Corporal and Spiritual Works of Mercy

Corporal Works of Mercy - The Corporal Works of Mercy are kind acts by which we help our neighbors with their everyday material and physical needs.

Feed the Hungry

- see to the proper nutrition of your loved ones,
- support and volunteer for food pantries, soup kitchens, and agencies that feed the hungry;
- make a few sandwiches to hand out as you walk through areas where you might encounter people in need;
- educate yourself about world hunger;
- avoid wasting food;
- share your meals with others.

Shelter the Homeless

- help neighbors care for their homes and do repairs;
- support and/or volunteer at a homeless shelter;
- support and/or volunteer for charitable agencies who care for the homeless, build homes, and provide support in the wake of natural disasters; be prepared for a disaster for you and your neighbors
- advocate for public policies and legislation that provide housing for low-income people;

Clothe the Naked

- go through your drawers and closets and find good-condition clothes and shoes to donate to agencies that provide assistance for those in need;
- participate in programs that provide towels and linens for hospitals in distressed areas.
- Volunteer to work at a clothing drive or at a shelter where clothing is distributed to those in need
- Support the work of the St. Vincent de Paul Society

Visit the Sick

- spend quality time with those who are sick or homebound;
- take the time to call, send a card or an e-mail to someone who is sick;
- volunteer to drive patients to medical appointments and treatment facilities;
- volunteer at a hospital;
- assist those who are full-time caregivers for family members;
- cook and delivers meals to the sick and homebound.

Visit the Imprisoned

- support and/or participate in ministries to those who are incarcerated;
- support programs sponsored by agencies that advocate on behalf of those who are unjustly imprisoned;
- support job-training and educational programs designed to rehabilitate prisoners;

- pray for the families of inmates;
- support programs that provide holiday gifts for prisoners and their families;
- support efforts that seek the abolition of the death penalty.

Give to the Poor

- take some small bills or loose change (or coupon books if you prefer not to carry cash) with you to hand out to people you encounter who are in need;
- throw your coin change into a jar and periodically donate it to a charity;
- if possible make a regular monetary donation to a charity that tends to the needs of the poor.

Bury the Dead

- be faithful about attending wakes/visitation;
- support or volunteer at a hospice;
- participate in a bereavement ministry;
- spend time with widows and widowers;
- take friends and relatives to visit the cemetery;
- support ministries that offer free Christian burials to those unable to afford one;
- offer daily prayers for those with terminal illnesses and for those who have died;
- send Mass cards to families of those who have died.

Spiritual Works of Mercy - The Spiritual Works of Mercy are kind acts by which we help our neighbors with their everyday spiritual and emotional needs.

Instructing the Ignorant

- commit yourself to learning about the Catholic faith and share your understanding of the faith with others and with those who welcome it;
- share your insights, knowledge, and skills with others, especially friends, fellow students, coworkers;
- take time to “tutor” those who are just beginning tasks;
- read good literature and encourage others to do the same.

Counsel the Doubtful

- be courageous yet compassionate in calling people and institutions to be faithful to Gospel values;
 - intervene in situations in which people are clearly doing harm to themselves or others;
 - respond to negative and prejudicial comments with positive statements;
 - put an end to gossip by walking away; set a good example for others.
 - work at being optimistic and avoiding cynicism;
 - respond to cynicism, skepticism, and doubt with hope;
 - be articulate about your own hopes;
- ask people about their hopes and support them in trying to attain them.

Comfort the Sorrowful

- walk with others through their pain;
- offer words of encouragement to those who seem discouraged;
- offer positive words to fellow students or coworkers who are having a difficult time with their tasks;
- be present to those who are struggling or in emotional pain or despair;
- offer sympathy to those who are grieving.

Forgive Injuries

- pray for those who have wronged you and pray for the courage to forgive;
- ask forgiveness from others;
- let go of grudges; go out of your way to be positive with someone you are having a difficult time with.

Bearing wrongs patiently

- work at being less critical of others;
- overlook minor flaws and mistakes;
- give people the benefit of the doubt;
- assume that people who may have hurt you did so because they are enduring pain of their own;
- pray for those who have wronged you.

Pray for the Living and the Dead

- Have pictures of your deceased loved ones around to remind you to pray for them
- Pray for your loved ones, your friends, and especially your enemies
- Start a prayer circle with your friends

“Then the King will say to those on His right, ‘Come, you who are blessed of My Father, inherit the kingdom prepared for you from the foundation of the world. ‘For I was hungry, and you gave Me something to eat; I was thirsty, and you gave Me something to drink; I was a stranger, and you invited Me in; naked, and you clothed Me; I was sick, and you visited Me; I was in prison, and you came to Me.’ “Then the righteous will answer Him, ‘Lord, when did we see You hungry, and feed You, or thirsty, and give You something to drink? And when did we see You a stranger, and invite You in, or naked, and clothe You? ‘When did we see You sick, or in prison, and come to You?’ “The King will answer and say to them, ‘Truly I say to you, to the extent that you did it to one of these brothers of Mine, even the least of them, you did it to Me.’

Matthew 25