

# **GUIDELINES FOR CONFIRMATION SERVICE HOURS and WORKS OF MERCY**

Preparation for the Sacrament of Confirmation includes participation in service projects that build up the Church community and be Christ's witnesses. As Catholics and as human beings we are called to live out the call of Confirmation to spread and proclaim the Catholic faith to all corners of the world. As Saint John Paul II said, we are called to be "salt and light for the world." This faith is shared with and expressed to others not only in our daily lives of prayer and virtue, but also in the way we love those around us through our actions, our service, our commitment to bringing the light of the Gospel to people through all we do.







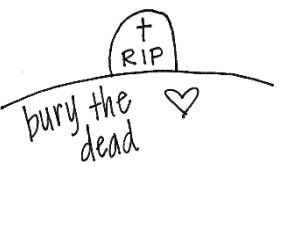
## **Requirements**

1. We ask that all candidates for Confirmation complete three Corporal Works of Mercy and three Spiritual Works of Mercy (see attached document for ideas).
2. A Service Log must be kept. The Service log is to be signed by the supervisor of the project and by parents. Once your Service Log is complete, please turn it in to your religion teacher or catechist.
3. All service projects must be approved by your teacher, catechist, or Director of Religious Education. Please do not complete a project without having it approved, so you won't find out later that it cannot be applied as Confirmation Service. For further questions concerning the suitability of certain projects, please contact the Director of Religious Education directly.

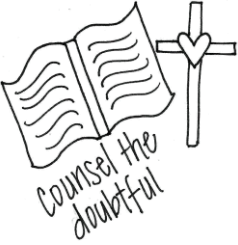
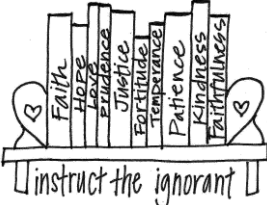



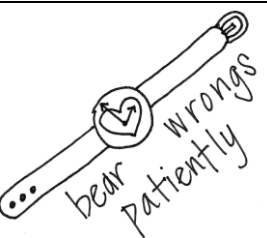
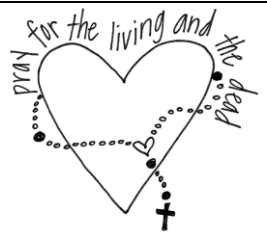
## **Suggestions for Selecting Service Projects**

1. Pray about it! Examine your own talents and gifts. Ask the Holy Spirit to guide you. Do not just seek the easy way out or the fastest way to finish.
2. Challenge yourself and be creative! Besides ongoing established programs at school or in the local community, you might have some new ideas to explore or share with others. Your service project should lead you to a greater desire to serve further, draw out virtues in your life, and ultimately bring you closer to God.
3. Do not go at it alone! Discuss this with your parents, sponsor, teacher, and friends. They are all good resources and support. You may want to put together a group project with your friends such as raking leaves for an elderly neighbor or praying for one of the Diocesan seminarians for a year.
4. Seek out service ideas from the attached Corporal and Spiritual Works of Mercy handouts included in this packet!
5. Do not stop service at 6 works of mercy! It's okay to keep going and recommend 10-15 hours. Part of the reason for the service requirement is that we are called to serve for the rest of our lives. You can continue your service project throughout the year. In addition, prayer and fasting is also a great spiritual work of mercy for others – a great service!

# THE CORPORAL WORKS OF MERCY

	<ul style="list-style-type: none"> <li>□ help cook dinner and/or clean-up after dinner at home once (or more) a week</li> <li>□ offer to make breakfast/lunch for your siblings</li> <li>□ donate needed food pantry items to <a href="#">Christ House Food Pantry</a></li> <li>□ offer to grocery shop for a neighbor in need</li> <li>□ instead of buying comfort food/snacks, donate that money to a local shelter</li> </ul>
	<ul style="list-style-type: none"> <li>□ coordinate with friends and family to raise money to purchase baby formula for the <a href="#">MaRiH Center</a> (please call ahead to drop off donations at 703-370-4774)</li> <li>□ visit <a href="http://www.theh2oproject.org">www.theh2oproject.org</a> which includes educational resources, videos, and free materials to take the H2O challenge like CHS students did in 2008</li> </ul>
	<ul style="list-style-type: none"> <li>□ instead of a birthday or Christmas gift for yourself, ask for a gift from <a href="#">this wish list</a> for families in transition at "ALIVE! House" - learn more <a href="#">here</a>; <i>in-person donations can be dropped off at 125 S. Payne St. in Alexandria Mon.-Fri. from 9am-2pm</i></li> <li>□ help a neighbor with the upkeep of their home or yard (rake leaves, shovel their driveway/sidewalk, help them weed their garden, etc.)</li> </ul>
	<ul style="list-style-type: none"> <li>□ go through your closet and donate coats and clothes to those in need through the <a href="#">Christ House Thrift Store</a></li> <li>□ instead of a birthday or Christmas gift for yourself, ask for a gift from <a href="#">this wish list</a> for women in crisis pregnancies, newborn babies, adoptive families; learn more <a href="#">here</a></li> <li>□ make a baby blanket for the <a href="#">MaRiH Center</a></li> <li>□ offer to do the laundry for your family</li> <li>□ help a younger sibling get dressed</li> </ul>
	<ul style="list-style-type: none"> <li>□ write encouraging cards to the elderly at <a href="#">Sunrise of Alexandria</a> (cards can be dropped off between 8am-8pm Mon.-Fri., call 703-212-9192 to schedule a drop-off)</li> <li>□ call a family member or friend who is struggling and spend time talking with them and praying for them</li> </ul>
	<ul style="list-style-type: none"> <li>□ write encouraging cards to those who are imprisoned (cards can be dropped off at 309 S. Royal St. to Susan Gray and she will deliver them to the Diocesan point of contact for prison ministry for final delivery)</li> <li>□ offer to babysit younger siblings or for family friends for free</li> </ul>
	<ul style="list-style-type: none"> <li>□ check with a local cemetery to see if you can help clean up or plant flowers at some gravestones most in need of care/upkeep</li> <li>□ spend 30 minutes in church praying for your deceased relatives, the souls in purgatory, and those who will die and have no one to pray for them on earth</li> <li>□ pray at an abortion clinic for the lives lost to abortion and effected by abortion</li> </ul>

# THE SPIRITUAL WORKS OF MERCY

 <p>Counsel the doubtful</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> point someone to a good decision</li> <li><input type="checkbox"/> willingly explain things/help someone who is struggling</li> <li><input type="checkbox"/> pray that people would have faith</li> <li><input type="checkbox"/> pray for people with suicidal thoughts (a <a href="#">Rosary</a>, <a href="#">Divine Mercy Chaplet</a>, etc.)</li> <li><input type="checkbox"/> learn more about a particular teaching of the Catholic Church</li> </ul>
 <p>Instruct the ignorant</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> invite someone to pray with you or go to Mass with you</li> <li><input type="checkbox"/> read bible stories to younger siblings or cousins</li> <li><input type="checkbox"/> teach a younger sibling or cousin prayers or the Ten Commandments</li> <li><input type="checkbox"/> lend or gift a good book about the faith</li> <li><input type="checkbox"/> help a sibling read a book or help them with their homework</li> </ul>
	<ul style="list-style-type: none"> <li><input type="checkbox"/> lead people towards the good choice in a situation</li> <li><input type="checkbox"/> help someone understand why something is wrong/not good for them</li> </ul>
 <p>comfort the sorrowful</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> pray for families that have lost loved ones or who are struggling</li> <li><input type="checkbox"/> offer comfort to a friend or family by baking them a treat, making them a meal, or sending them a card or care package</li> <li><input type="checkbox"/> spend time with someone who is struggling - pray with them and for them</li> <li><input type="checkbox"/> cheer up a sibling who is feeling sad</li> </ul>
 <p>forgive offenses willingly</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> let go of grudges you may harbor against someone and pray for them</li> <li><input type="checkbox"/> accept others' apologies with kindness</li> <li><input type="checkbox"/> encourage others to forgive people who have offended them</li> <li><input type="checkbox"/> reach out to a friend or family member you haven't spoken with in a long time</li> </ul>
 <p>bear wrongs patiently</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> offer up a Holy Hour of Adoration or pray in the church for 30 minutes for people in your life that have wronged you (<i>the Basilica has Eucharistic Adoration on Wednesdays from 1pm-8:30pm</i>)</li> <li><input type="checkbox"/> give up an item/toy to a sibling</li> <li><input type="checkbox"/> refrain from gossiping about the wrongful behavior of others</li> </ul>
 <p>pray for the living and the dead</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> ask a friend how you can pray for them</li> <li><input type="checkbox"/> visit a cemetery and pray for those who have died and who will die today</li> <li><input type="checkbox"/> pray for those who have died from Covid-19, for those who are suffering from its effects, and for those who are caring for the sick</li> </ul>

# SERVICE LOG/WORKS OF MERCY

*Due:*

*January 28, 2024 for students in CCD/homeschool/other Catholic School)*

*February 23, 2024 for The Basilica of Saint Mary School students*

## Directions:

Please fill out one page for ALL service projects completed. You can write on the back if needed. You are asked to complete at least 6 works of mercy (we suggest 3 spiritual and 3 corporal works of mercy) – spread out in each of the following categories:

- C: Corporal Works of Mercy
- S: Spiritual Works of Mercy

Student Candidate's Name: (LAST) \_\_\_\_\_ (FIRST) \_\_\_\_\_

Service Project Hours:

Date	Category (C, S)	Project description & student's particular role	Signature of project supervisor/Parent

Supervisors, please feel free to note any virtues exemplified, or commendations for this Confirmation candidate:

---

---

---

---

---

---

Parent/Guardian Signature, attesting your child has completed these service projects: \_\_\_\_\_