

# Family Service Project


Honoring Martin Luther King and Catholic Schools Week



Beginning on Martin Luther King Day 1/18  
THROUGH Catholic Schools Week (1/25-1/29) We encourage all Mercy families to  
participate!

## HOW TO PARTICIPATE

- Get your FAMILY or POD together
- CHOOSE your service project
- Make a PLAN of WHEN you will do your service
- CONTACT the agency or group if needed
- DO your service
- SEND a picture and description of your service to this email:  
[familyserviceproject21@gmail.com](mailto:familyserviceproject21@gmail.com)
- Make sure you LOG your hours into Seholo
- Take a moment to appreciate how it feels to contribute to the  
community

Together we can make a difference in our community   
(some ideas on the next page)

Some Suggestions of what to do OR where to go ...

- Prepare a meal and deliver it to an elderly family member/person [CORE hours]
- Pick up trash in your neighborhood, a [beach](#) or hiking trail that you frequent [CORE]
- Offer to walk a neighbor's dog [CORE]
- Offer to garden a neighbor's yard [CORE]
- Contact an elderly person by phone or zoom [CORE]
- Schedule a socially distanced visit with an elderly neighbor [CORE]
- Write a letter to an elderly person [Supplemental]
- Contact a local Assisted Living Facility and ask if there is any way your family can be of service at this time. (Lists of facilities available)
- Watch a film or documentary on the Civil Rights Movement [Learning]
- Attend a Zoom lecture/workshop on the Civil Rights; Peninsula Multifaith Coalition is hosting some [zoom events](#) [Learning]
- Donate canned goods to [Second Harvest Food Bank/SF Marin Food Bank](#) [Supplemental]
- Donate clothes to a [shelter](#) (new tube socks and used jackets most needed during winter [Supplemental])
- Volunteer at a food bank; [Supplemental]

The opportunities are endless, if you are unsure of a specific opportunity please email me, [pdiaz@mercyhsb.com](mailto:pdiaz@mercyhsb.com)