

CTK Service Hour Suggestions

Based on Matthew 25:31-46

Now, more than ever, is a time of great need for Christian service in today's society. Our world is hurting and as a Catholic institution, Christ the King can model Christ's love through service based on His words in the Gospels. Below are some suggestions for ways in which you can serve your community based on the Corporal and Spiritual Works of Mercy.

Corporal Works of Mercy

- Bury the Dead
 - Pick-up trash at a local cemetery
 - Send cards and flowers to grieving families/members of the military
 - Make food for a family who has suffered a loss and deliver it to them
 - Visit a gravesite to pray, put out flowers, flags, etc.
- Clothe the Naked
 - Buy & donate coats for people who need them
 - Clean out your closet and donate to an organization or a family that you know
 - Donate suitcases and duffle bags to CPS for foster children
 - Collect baby items for moms in need and donate to a local pregnancy resource center
 - Have a garage sale and donate the money (check your city's guidelines on garage sales)
 - Make Fleece Blankets for hospitals
 - Make masks and give them away. Put them in a "free" basket in your Church
 - Make button headbands for nurses/doctors (see details on next page)
 - Crochet or knit hats for cancer patients
- Feed the Hungry
 - Donate Canned Foods to your parish or a local food pantry
 - Give food to a homeless person
 - Make "Blessing Bags" to keep in your car and hand out to those in need (socks, granola bars, chips, crackers, non-perishables, etc.)
 - Bring meals to someone who is sick, just had a baby, or a neighbor who cannot get out of their house
 - Go shopping & get groceries for someone
 - Decorate reusable grocery bags and stuff them with nonperishable food items to donate to a food pantry
 - Send a surprise pizza or food to a family or fire station
- Give Drink to the Thirsty
 - Donate water to shelters, a local police/fire station, or an organization collecting for an emergency situation

- Run a lemonade stand and donate the profits, or just give the drinks away for free
- Hand out water bottles with encouraging messages at your local walking trail (as a family, during the daytime, in a contactless way)
- Shelter the Homeless
 - Volunteer or fundraise for organizations that build homes for people
 - Lend a neighbor your tools and help them when they are building/fixing something
 - Turn plastic bags into “yarn” to be used to crochet plastic mats for the homeless
- Visit the Imprisoned
 - Contact your local prison about donating books or care items.
 - Send cards to or call people who are homebound, hospitalized or in residential care
 - Cook for someone who is homebound
 - Do a drive-by hello with signs and noise-makers for someone who is homebound
- Visit the Sick
 - Ask a priest if you can come to visit a sick person and as they perform the Anointing of the Sick, or bring them Communion
 - Make a card, call on the phone or zoom someone who is sick, especially if they are stuck at home or in the hospital
 - Gift items that will help a sick person like pillows, games, books, etc. (If they are in a hospital check with the hospital first)
 - Bring someone who is sick a home-cooked meal (use proper safety precautions)

Spiritual Works of Mercy

- Admonish the Sinner
- Bear Wrongs Patiently
- Council the Doubtful
 - Chalk Morale Boosters (write encouraging messages on the sidewalks of approved places)
 - Paint rocks with uplifting messages and leave them in parks near your house
 - Contact local officials to support bills and laws that will help people with mental illness
- Comfort the Sorrowful
 - Send encouraging letters to a nursing home, hospital, prison, community helper, grocery store employee, etc. (Be sure that they are accepting mail first)
 - Create encouraging yard signs and get permission to put them in your neighbor’s yards
 - Offer comfort by baking cookies, making a meal, sending a card
- Forgive Offenses Willingly
- Instruct the Ignorant
 - Volunteer to teach Faith Formation at your parish for younger students

- Volunteer to tutor younger students at other schools for free
- Pray for the Living and the Dead
 - At home rosary making (check with your parish for these supplies if needed)
 - Make prayer cards (Give out to neighbors or a ministry in your parish)
 - Start a fund to help make donations for Mass intentions (Ask your youth minister about Mass Donation information at your Parish.)

Catholic Social Teaching

- Plant a tree or a garden (Care for God's creation)
- Help a neighbor mow or garden their lawn (Solidarity)
- Pick up trash on a walk through your neighborhood or through a park (Care for God's Creation)
- Hand out Thank You cards to Essential Workers (The Dignity of Work and the Rights of Workers)
- Make coloring kits (paper and crayons) for families with young children and drop them in their mailboxes (Call to Family, Community and Participation)
- Write a letter to a local official about an issue you care about (Rights and Responsibilities)
- Write a letter of affirmation to someone served by a local crisis shelter (Life and Dignity of the Human Person)