

CATHOLIC CHURCH OF PRECIOUS BLOOD

THE JOY OF SERVICE (7th GRADE)

Service and Spirituality **(to be read by the student)**

As an 8th Grade student preparing for Confirmation, you are expected to participate in voluntary service. This will help put your faith into action. This service is divided into two areas: helping others (corporal service) and spirituality service -

- You should perform 3 service projects – 1 for October, November, and December
- 1 for January, February, and March
- 1 for April and May
- Each project should be a minimum of 45 minutes.
- You are allowed a partner (only one!) for any of the projects.
- You should complete 2 corporal projects and 1 service project

The following are suggestions:

1) **Corporal Service for others:** This is doing tasks for which you are not currently responsible.

Chores do not count. Some examples of service for others include:

- Volunteering at a food bank
- Visiting a nursing home and spending time with the residents
- Making and delivering a meal for a family who is going through a tough time
- Collecting food for the poor
- Collecting and cleaning clothes for the poor
- Assisting an elderly or ill neighbor with chores
- Raking leaves / Shoveling snow
- Assisting a younger sibling with schoolwork

2) **Service of spirituality:** Enriching your spiritual life and spending time with Jesus. Some examples are:

- Private prayer
- Reading Sacred Scripture (the Bible)
- Reading books or articles on the lives of the saints
- Visiting church (other than Sunday Mass) to pray in the presence of the Blessed Sacrament
- Praying the Rosary / Praying the Stations of the Cross
- Listening to Catholic music
 - There are some wonderful Catholic artists who have a contemporary style and can be found on iTunes, YouTube, etc. Consider checking out Matt Maher, Sarah Kroger, Brother Isaiah, the Vigil Project, Ike Ndolo, Aly Aleigha, or Connor Flanagan)
- Praying the Chaplet of Diving Mercy
- Reading an inspiring Catholic article (lifeteen.com has some great ones)

You should complete a Service Project Sheet for each project. Service Sheets should be handed in on a regular basis. Consequently, blank copies will be placed on the Religious Education web pages of the Parish website.

“Do little things with great love.” – St. Mother Teresa

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THE JOY OF CORPORAL SERVICE (7th GRADE)

Corporal Service Record Sheet

Candidate's Name(s): _____

DESCRIBE YOUR CORPORAL SERVICE PROJECT

What type of service did you provide? _____

When did you provide this service? _____

Where was this service provided? _____

How did you feel about your participation in this corporal service? _____

How much time did you spend in this service? _____

Supervisor Signature _____

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***CATHOLIC CHURCH OF PRECIOUS BLOOD
THE JOY OF SPIRITUAL SERVICE (7th GRADE)***

Spiritual Service Record Sheet

Candidate's Name(s): _____

DESCRIBE YOUR SPIRITUAL SERVICE PROJECT

What type of spiritual service did you celebrate? _____

When did you participate in this spiritual service? _____

Where did you participate in this spiritual service? _____

How did you feel about your participation in this spiritual service? _____

How much time did you spend in this service? _____

Supervisor Signature _____

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