

CATHOLIC CHURCH OF SAINT DOROTHEA
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 SAINT DOROTHEA
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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