

Suggestions for Service and Spiritual Hours

Jesus said, "Here I am among you as one who serves."
Luke 22:27

Before making a commitment to a service and/or spiritual project, think about the variety of ways in which you can use your talents and abilities to help others. These suggestions are only some of the ways other candidates have chosen to serve. Perhaps something on this list will help you decide the service you would like to perform. The list may give you some other ideas of what you would like to do. Perhaps you have your own special service in mind. If so, contact Nathan Stewart at nstewart@shepherdofsouls.org for approval.

Before making your decision and commitment:

- *Pray to the Holy Spirit for guidance*
- *Talk to your parents and sponsor*
- *Find out real needs people in your family, neighborhood, parish, school, or community have.*

Service Project Ideas:

- Help with yearly parish events (Bazaar, Turkey Feed, Fish Fry, etc.)
- Organize or help with a recycling project
- Initiate a "clean up" campaign in the parish, school or local park
- Help a needy family
- Tutor or assist after school (academics only – sports/athletics do not count)
- Do yard work at the school or parish (contact Dave Eishens at deischens@shepherdofsouls.org for work availability)
- Write letters or cards to hospitalized children or teens
- Write letters or cards to troops overseas
- Help with a fundraising project for a charitable organization
- Perform special services for the handicapped
- Raise money for retirement funds for elderly religious sisters, brothers or priests
- Help a family member who needs assistance
- Prepare a meal or dessert for a family whose relative has died
- Earn money for the missions by washing cars, babysitting etc
- Collect, clean and repair clothing for the poor
- Assist senior citizens with chores

Spiritual Project Ideas:

- Lector at Mass (once trained and deemed sufficiently skilled)
- Cantor at Mass
- Altar Server at Mass (once trained)

- Usher/Hospitality at Mass (once trained)
- Attend a weekday Mass (Family Masses don't count)
- Attend Eucharistic Adoration (in the church, outside of class)
- Pray a Rosary (or Divine Mercy) with your family
- Interfaith Easter community youth choir (if offered this year)
- Attend a COR Night (or join the COR Team)
- Assist with Sunday School
- Assist with VBS
- Assist with Totus Tuus or other summer parish youth event
- Attend *The Chosen* viewings
- Participate in the Stations of the Cross
- Attend a NET Ministries *Lifeline* event (contact Nathan Stewart for schedule)
- Attend a Steubenville conference or similar youth event or retreat

Prayer to the Holy Spirit

Come, Holy Spirit, fill the hearts of your faithful, and enkindle in us the fire of Your love. Send forth Your Spirit and we shall be created; and You will renew the face of the earth, O God, who did teach the hearts of Your faithful by the light of the Holy Spirit, grant us in the same Spirit to be truly wise, and ever to rejoice in His consolation. Through Christ, our Lord. Amen.

