

Mission Hour Guide

Remember: Mission Hours are meant to be ways for you to put your faith into action. Good things to consider when trying to find a way to fulfill these hours are the Corporal and Spiritual Works of Mercy that all Catholics are called to do whenever they are able: **Corporal- feeding the hungry, giving drink to the thirsty, clothing the naked, offering hospitality to the homeless, caring for the sick, visiting the imprisoned, burying the dead.** **Spiritual- Instruct the ignorant, Counsel the Doubtful, Admonish Sinners, Bear wrongs patiently, Forgive offenses willingly, Comfort the afflicted, Pray for the living and the dead.** These works of mercy are meant to be a jumping off point, but you do not need to specifically adhere to the literal meaning of them. ie: don't not visit your elderly neighbor because they aren't ill at that moment.

Participating in the Diocesan Mission Trip - Attending the Diocesan Mission Trip to Steubenville and participating in volunteer activities as part of that trip. This counts as 10 mission hours.

Volunteer at Community Café (2 Hours per shift)

Located at the Kiesler Wellness Center 3130 SE 2nd Ave (behind Walmart) Need 4-6 volunteers per shift. Our Parish provides volunteers on the 2nd THURSDAY OF EVERY MONTH. You will be serving food/drinks/bussing tables/working in kitchen. Must be 16 to work there. Sign up at the Gathering Space Desk.

Pray a Holy Hour in St. Joseph's Adoration Chapel (1 hour per Holy Hour, *can get up to 3 hours total*)

Can be done any day at any time

Take a prayer intention and spend the hour in the chapel praying for that intention.

You must also sign in on the Chapel Visitor's Log at the entrance to the chapel. Also must bring your Mission Hour Log to holy hour, let Kitty (or whoever is sitting at the front desk) know when you come in to start your holy hour and when you are finished. She will sign your Mission Hour Log. Note: If you come to do your Holy Hour outside of office hours, parents may sign Mission Hour Log.

Volunteer to help staff an Elementary or Middle School event. (Hours vary depending on event) Help with Vacation Bible School in the summer– Help with Youth Stations of the Cross/Soup Supper

Serving at Mass – 1 hour per Mass, can do for up to 7 hours

Please see other side for more ideas-

Other Ideas:

- Help with CCW or Knights of Columbus events
- Help with Spirit Fest or Spring Thaw
- Sing in Choir at Mass
- Volunteer to help with homework/gym time for the Religious Release students every other Wednesday after school until 5:00 PM
- Volunteer at Special Olympics
- Volunteer at Grace House
- Volunteer at Second Harvest Food Bank
- Visit the elderly at an area Nursing Home
- Volunteer with another organization doing a specific task that is a Work of Mercy (for example: participating in a food drive put on by a Rotary club. This is feeding the hungry and it counts.)
- Mentoring younger students (ie: 4-H After School Project Club)

**This is not an exhaustive list of all possible ways to complete Mission Hours. However, when you consider ideas, please ask yourself if they fill one of the Works of Mercy listed above. Are you being an example of the love of Christ by doing these tasks? These activities are meant to be an expression of that love which flows from our baptismal commitment and is essential to the Christian life. If in doubt, please ask Lisa or one of our parish priests.

What does NOT count:

- Working the concession stand at the hockey (or any other) game.
- Doing household chores at the place where you live, or any other regular family duties. (You may not count playing with your little brother/sister.)
- Anything you have been monetarily compensated for.

Updated 4/26/19