

Corporal Works

Feed the Hungry – I helped with the Knights of Columbus Lenten Supper at St. Joseph's on a Friday during Lent. I prepared bread on plates for people to eat. I also helped serve salad to people. This activity helped me understand what it is like to serve others. The people who prepare these suppers put a lot of effort into it. They do this during Lent to remind us of Jesus, when he fasted 40 days in the desert. The small sacrifice of not eating meat on Fridays during Lent reminds us of Jesus' sacrifice on the cross.

Bury the Dead – On Christmas Eve, we visited the graves of my grandparents in Maryland. It was a very emotional event for my dad. He cried because they were his parents and he really misses them both. When it was time to go, we had to help him walk away from their graves. While we were there we said prayers for them. After we left, I helped comfort my dad. This helped me understand how much you can really care about another person, even after they have died. Also, it shows how you can still keep in touch with them through prayer.

Spiritual Works

Instruct the Ignorant – I helped my little brother with his Faith Formation homework for a few weeks. He needed help learning some of his prayers, as well as learning about some of the things that Jesus taught. Doing this helped me see how God helps people know about Him by working through the people who already know and follow Him. It's a good feeling to know that God is working through me in order to make good things happen.

Pray for the Living and the Dead – My parents and I went to Eucharistic Adoration on Friday here at St. James. We spent an hour there. We prayed for people who needed guidance and knowledge, like the people in our government and our teachers, and we also prayed for the souls in Purgatory to help ease their suffering. This helped me see the value and need for prayer in our daily lives, because it not only helps us love other people better, it also helps us grow closer to God.

EXAMPLE:

Corporal Works of Mercy

Candidate Name: Michael Quinn

Corporal Works Project #1

What Corporal Works did you perform? Feed the Hungry

Share what you did, what it meant to you and what you got out of the project:

I helped with the Knights of Columbus Lenten Supper at St. Joseph's on a Friday during Lent. I prepared bread on plates for people to eat. I also helped serve salad to people. This activity helped me understand what it is like to serve others. The people who prepare these suppers put a lot of effort into it. They do this during Lent to remind us of Jesus, when he fasted 40 days in the desert. The small sacrifice of not eating meat on Fridays during Lent reminds us of Jesus' sacrifice on the cross.

Spiritual Works Project #2

What Corporal Works did you perform? Instruct the Ignorant

Share what you did, what it meant to you and what you got out of the project:

I helped my little brother with his Faith Formation homework for a few weeks. He needed help learning some of his prayers, as well as learning about some of the things that Jesus taught. Doing this helped me see how God helps people know about Him by working through the people who already know and follow Him. It's a good feeling to know that God is working through me in order to make good things happen.