

Living the Corporal Works of Mercy

Give Food to the Hungry

- Volunteer when your parish goes to serve at food banks and shelters
- Bring a box of granola bars or healthy snacks to put in your locker or back pack to share with hungry friends or classmates
- Set the table, do the dishes or help cook dinner for your family
- Volunteer to serve at a Knights of Columbus pancake breakfast or church dinner
- Don't eat or make more food than you need
- Help shop for groceries

Give Drink to the Thirsty

- Offer to get your family and friends something to drink or refill their drink during a meal
- Bring extra water/beverages along to sporting events and share
- Run a lemonade stand on a hot day and give the drinks away for free
- Bring a cold drink to a neighbor doing yard work or a cup of hot chocolate someone who is shoveling snow
- Lift up a small child who can't reach the water fountain
- Don't waste or pollute the water

Shelter the Homeless

- Reach out to students who are new to your school/town and make them feel welcome
- Volunteer with organizations like Habitat for Humanity and participate in "Board for the Lord" events
- Bring a note of welcome or a batch of cookies to a new neighbor
- Help take care of your home by cleaning, dusting, making beds, picking up....etc.

Clothe the Naked

- Go through your closet and take out items that are too small – pass them down to a younger sibling or relative or donate them to others in need
- Have a clothing swap with friends – sharing your clothes you longer wear instead of buying new and donate the items that no longer work for anyone
- Help with laundry at home
- Assist a younger sibling to pick out an outfit and get dressed for the day

Comfort the Sick

- Make a card, call or send a text or thoughtful gift to someone who is home sick
- Visit family and friends if they are in the hospital
- Offer to do extra chores when your parents aren't feeling well
- Be extra nice to sibling and other family members when they are ill
- Visit your grandparents or other family in nursing homes
- Participate in "adopt a grandparent" programs and visit elderly people who might not get regular visitors

Visit the Imprisoned

- Go Christmas caroling making sure to stop at homes of those who are homebound
- Send cards or notes of encouragement and prayer with your priest or ministry team when they go to visit those in prison and those in treatment for addiction
- Remind someone who is sad or lonely that you and God care about them
- Ask someone who normally sits alone if you can sit with them at lunch

Bury the Dead

- Attend visitations and funerals of loved ones
- Visit, call and send cards to support friends who have lost loved ones
- Help clean out the home of someone who has passed away
- Treat cemeteries and graves with respect
- Bring flowers to graves or clean off tombstones that look neglected

Care for our Common Home

- Don't litter – pick up trash you see on the ground
- Don't use more than you need
- Reduce, reuse, recycle
- Shut off lights when you leave a room
- Shut off water when you are brushing your teeth and take shorter showers
- Respect and take care of animals and their habitats
- Drive less – walk, bike, carpool or take public transit more