

SERVICE HOUR EXPANSION

Complete any of these opportunities or suggest any of your own.
Submit on MobileServe with a brief reflection.

Due to the unprecedented circumstances facing us at the moment, for the remainder of the 2019-2020 school year service hours are being changed and expanded. One of the changes is the inclusion of **Spiritual Growth** and **Family service hours**. Spiritual Growth hours give you the opportunity to grow in love and charity without the resources available to you during a typical school week. Family service hours give you the opportunity to serve your family.

Below are options you may pursue to gain Spiritual Growth and Family service hours. You may also suggest other Spiritual Growth ideas to Campus Ministry for approval. Log each one in the same way that you would any other hours: put in the time it took you to complete the activity, list what you did as the location, and then write a short reflection in the “Tell Your Story” section.

SPIRITUAL GROWTH SERVICE HOURS

Quick Reflections

These reflections are quick, and can easily be incorporated into your daily routine. Click on the links below.

[Pray the Divine Mercy Chaplet with the Franciscan Friars of the Renewal](#)

[Blessed Is She Daily Devotions](#)

[Watch a video about a Saint](#)

[Pray As You Go—Lectio Divina](#)

[Catholic Art Reflection](#)

[Loyola Press 3 Minute Retreats](#)

Prayerful Practice

[Videos on Spiritual Growth](#)

[Pray the Rosary](#)

[Rosary Videos \(Why and How to pray\)](#)

[All Things Catholic Podcast](#)

[Spiritual Gifts Assessment from Notre Dame](#)

[Sign up for the Be Not Afraid Online Conference](#)

Longer Reflections and Practices

[YouTube Playlist of various speakers and reflections](#)

[Church Life Journal Reflections through Notre Dame](#)

[The Lanky Guys Podcast - Reflections on the Week's Gospel Reading](#)

[Stations of the Cross](#) *(Perfect for Lent)*

[Embrace Catholic Culture](#) *Go to the day, complete any of the activities or cook any of the recipes for your family in the sidebar*

Really Go Deep

[Journey With The Saint John's Bible](#)

FAMILY SERVICE HOURS

Your family needs you during this difficult time! These hours give you the opportunity to show love and give charitably with the realities of quarantines and social distancing. “Service starts in the home”, as they say, so use these suggestions to gain service hours with your own family. Here are some ideas of how you might serve your family.

Help your siblings with their e-learning assignments

Cook and serve meals to your family

Clean up and do the dishes after dinner

General cleaning and disinfecting in your home

Do any sort of yard work without pay

Any home project for your parents

Babysit younger siblings

Writing letters to family members that live far away

Calling/facetiming any sick or infirm relatives that are unable to have visitors
due to their condition

Cook a meal and bring to your neighbors