

## **Service Hours for 2020-2021**

Our Lady of Sorrows Confirmation program asks all Confirmation Candidates to complete service hours in the following categories:

Service to family and/or church – 3 hours

Service to community – 3 hours or class project

*Service hours for Confirmation are a means of helping you become more aware of what it means to live the Gospel as a Catholic Christian! Jesus gave us two great commandments of love – love of God and love of neighbor. How do we show our love of God and neighbor? By living the corporal and spiritual works of mercy:*

*“... You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: You shall love your neighbor as yourself.”*

Mark 12:30-31

### **Corporal Works of Mercy**

Feed the hungry  
Give drink to the thirsty  
Clothe the naked  
Visit the sick  
Shelter the homeless  
Visit the imprisoned  
Bury the dead

### **Spiritual Works of Mercy**

Share knowledge  
Give advice to those who need it  
Comfort those who suffer  
Be patient with others  
Forgive those who hurt you  
Give correction to those who need it  
Pray for the living and the dead

### **The following are examples of living out the corporal and spiritual works of mercy:**

*Babysitting or tutoring a young child  
Volunteering at home  
Visiting or writing someone who is sick  
Writing to elderly person in a nursing home  
Cutting grass or raking leaves  
Making sandwiches for Food For Our Journey*

*Spending time in prayer, reading scripture  
Visiting the Adoration Chapel to pray  
Attending Mass in addition to Sunday Mass  
Serving as an alter server at Mass  
Record yourself reading a Bible story to share w/someone younger*

*These are a few suggestions. The list is endless! Remember, you must not receive payment for the service and it should not be something you are supposed to do anyway.*