

Catholic Action Service

Jesus said, "Here I am among you as one who serves."

Service is an integral part of the mission of the Church, which includes Word, worship, and service. We live the mission of service as we serve one another and the world. We can celebrate the action of the Holy Spirit in our lives and recognize that each of us is blessed with the Gifts of the Holy Spirit. Confirmation preparation is a crucial time to help young people discern how they might put their gifts to use in serving their parish, their community, and the world.

Before making a commitment to a service experience, think about the variety of ways in which you can use your talents and abilities to help others. These suggestions are only SOME of the ways you can choose to serve. Perhaps something on this list will help you decide the service you would like to perform. Perhaps this list will give you other ideas of what you would like to do. Perhaps you have your own special service in mind.

Before you make a decision and commitment, pray to the Holy Spirit for guidance, talk to your parents and sponsor and find the real needs of people in our parish, neighborhood, school, and community.

Requirements

Service projects are not defined in number of hours; instead they are defined in terms of Catholic Social teachings and the Corporal Works of Mercy. Projects should be done for St. Charles Borromeo Parish and for our wider community.

Confirmation Candidates must perform a **total of nine projects of service** and go on **one field trip**. The service you provide should have personal interaction with others.

- **3 projects** must be completed between **May 10 and August 30, 2011**
- **3 projects** must be completed between **September 1 and December 30, 2011**
- **3 projects** must be completed between **January 1 and March 30, 2012**
- At least 3 of these projects must be completed with Candidate and Sponsor.
- Complete the Catholic Action Service (CAS) Reflection for each different project.

- Plan **one field trip together with your sponsor** before March 30, 2012. Write a summary paragraph on your experience and attach it to a CAS Reflection sheet.

Suggested parish projects (each of these is **one** project):

- Join one of the Borromeo Choirs and participate at least 3 times
- Serve Mass at least 3 times
- Act as a Greeter for 3 Masses
- Lector at the Contemporary Music Mass at least 3 times
- Bring up the offertory gifts at a Sunday Liturgy at least 3 times
- Serve 8 a.m. weekly Mass over the summer 3 times
- Initiate and complete a cleanup project in the parish or school
- Organize or help with a recycling project
- Do yard work for the school or parish
- Do chores for an elderly parishioner
- Baby-sit for someone who needs help, but is not a family member
- Tutor after school
- Shop for an elderly parishioner
- Clean out the garage of an elderly parishioner
- Organize a spring cleaning event at an elderly or widowed parishioner's house
- Volunteer in the PSR Preschool three times
- Collect and deliver food to FISH three times
- Prepare food for Meal a Month three times
- Help with Parish mailings
- Help with Church cleaning, especially after weekend Masses
- Help with Church decorating for two Liturgical seasons
- Participate in Teen Live Stations of the Cross during Lent
- Help Ladies Sodality at one of their functions
- Prepare a meal or dessert for a parish family who has a member in the hospital
- Organize a Mom's Day Out – offer babysitting at the parish for children during the summer, or during the Christmas holidays, so moms can have an afternoon to take of errands, shopping, or have some quiet, relaxation time
- Organize planting a memory garden, tree, or flowers for parishioners who have died
- Visit elderly parishioners at their home
- Volunteer at Vacation Bible School
- Volunteer at the Parish Picnic
- Volunteer at the Unity Sunday Mass and Picnic
- Volunteer at the Fish Fry

Suggested wider community projects (each of these is **one** project):

- Interview a senior citizen using the interview questions provided by day school and PSR. The citizen may not be a relative of your family.
- Write letters to government officials for Pro-life
- Assist with young children's sports activities
- Adopt A Soldier – Organize the making of care boxes for deployed military; include letters letting the soldiers know you are praying for them
- Work in a local food pantry, such as Saints Joachim and Ann
- Host a fund raising party for a charitable organization
- Visit a nursing home with a group of friends and your sponsor - take a craft project and work with the residents to help them complete the craft
- Visit a local children's hospital and volunteer to clean the children's toy/book/video area
- Write cards to military loved ones of our parishioners at least three times
- Write cards to children in the hospital at least three times
- Collect and deliver magazines to hospital waiting rooms
- Raise money for retired religious (nuns and priests)
- Volunteer at the Saint Charles Humane Society
- Collect trash in a Saint Charles County Park

Field Trip Suggestions

Plan **one** field trip together with your sponsor before **March 30, 2012**. Write a summary paragraph on your experience and attach it to a CAS Reflection sheet. Suggestions:

1. Attend a Mass of a diverse group within our archdiocese:
 - St. Alphonsus Rock Church (African-American community)
 - St. Charles Borromeo (Latino Community)
 - St. Raymond (Lebanese Community)
 - St. Francis de Sales (Latino Community)
2. Go on a tour of an historical religious site:
 - The New Cathedral
 - The Old Cathedral
 - The Shrine of St. Rose Philippine Duchesne
 - Our Lady of the Miraculous Medal
 - Our Lady of the Snows
3. Visit a unique religious community:
 - The Pink Sisters
 - The Carmelite Monastery - Clayton
 - The Friary - Benedictines
 - The Sisters of Charity - Mother Teresa's Sisters

*“What I can do, you cannot.
What you can do, I cannot.
But together we can do
something beautiful for
God.”*

Blessed Mother Teresa of Calcutta