

SOCIAL SERVICE PROJECT IDEAS

The nature of the Sacrament of Confirmation is to help facilitate a young person to become a full and active participant in the life of the Church. To help encourage and support this commitment, we ask that each candidate serve at least 3 hours at MQP or our local community for the 2020/21 Confirmation year. Once this service is completed, you may log the information about your service into the following online form:

<https://mqpchildrenandyouth.breezechms.com/form/d942c2> or you may send us an email at confirmationdirector@mqp.org.

Following is a list of ideas for our teens to consider. Many can be performed as family projects, too, which can help facilitate that understanding of working in community during this time of the pandemic. As more ideas come to our attention, we will forward them to you. This is not meant to be an exhaustive list. We hope it generates more ideas for service as you read through them.

We recognize that some of our teens and families may already be serving our parish or community in some fashion. If you have already performed one or more of these tasks or related ideas and have met your three hours of service over the past three months, please send us an email noting this or complete the online form at

<https://mqpchildrenandyouth.breezechms.com/form/d942c2>

CORPORAL WORKS OF MERCY—Charitable actions by which we come to the aid of our neighbor in his bodily necessities. Often identified as follows: feeding the hungry, sheltering the homeless, clothing the naked, visiting the sick and imprisoned, and burying the dead.

AT CHURCH: In the past, many opportunities for service were easily available right at our parish. Now, some of these opportunities are restricted or eliminated for the time being. Here are a couple of ideas.

- 1) Altar server: when allowed
- 2) Mass Hospitality Ministry: contact Amy Wells at amy.wells@mqp.org

IN OUR LOCAL COMMUNITY:

- 1) Tent City IV: <http://faithunited.org/serve/tentcity4>
 - 2) Issaquah Food & Clothing Bank: <https://issaquahfoodbank.org/>
 - 3) Issaquah Meals Program: <https://ccsww.org/get-help/shelter-homeless-services/issaquah-meals/>
 - 4) Penpal with a senior in a nursing facility
 - 5) Call, Facetime, or Zoom call a relative or friend each week to chat
 - 6) Eastside Baby Corner: <https://babycorner.org/how-to-volunteer/>
 - 7) Any special projects you may have in mind.
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SPIRITUAL WORKS OF MERCY—Charitable actions by which we come to the aid of our neighbor in his spiritual necessities. Often identified as: instructing, advising, consoling, and comforting the neighbor as well as forgiving and bearing wrongs patiently. And the big one—PRAYER!

We understand that the pandemic has disrupted many of our opportunities to interact with those in need and prevents us from gathering in groups to participate in activities. In response to this, Lorna and I wish to present prayer and the spiritual works of mercy as an option for earning service hours. Please note: your soul and prayer life are not in lock down or quarantined from God! Your prayers are as potent in helping your neighbor and performing God's Will as your corporal works of mercy. Also, Lent is approaching and any of these ideas will work well as a Lenten observation.

- 1) **Establish a daily prayer time** and commit to praying each day for 30 days (and then keep it up!) A note: If you are new to praying regularly, start with two minutes, work up to five, then 10, etc. Fifteen minutes each day meet the demands of justice. (It is right and just to pray to God!)
- 2) **Pray a daily Rosary** for a period of time. A note: If you are new to this devotion, you may wish to start by praying a single decade and then work your way up to five decades.
- 3) **Prayerfully read Scripture** for a period of time: Ask your parents to help you select some passages or a book of the Bible to begin reading. Reflect on it and prayerfully ask God what He is trying to say to you. Discuss this with your family. (Lesson 18 of *Chosen: Your Journey Toward Confirmation*)
- 4) **Attend a Holy Hour** at our parish three times. Exposition of the Blessed Sacrament is offered on Wednesdays and Thursdays but one can spend time before the Lord at any time that the parish is open. Adoration is also available online. (ie. Live Eucharistic Adoration from the EWTN Chapel)
- 5) **Attend Lenten Vespers at MQP:** Wednesdays during Lent at 6:00pm
- 6) **Attend Stations of the Cross at MQP:** Fridays during Lent at 6:00pm
- 7) **Read Part Four** in the *Catechism of the Catholic Church* (CCC) on **Christian Prayer. Section One: Prayer in the Christian Life** or **Section Two: The Lord's Prayer** or both. Share what you are learning with your family. A note: Read a section a day, pray and reflect on it.
- 8) **Obtain three Plenary Indulgences** for yourself or a soul in Purgatory. "An indulgence is a remission before God of the temporal punishment for sins, whose guilt is forgiven, which a properly disposed member of the Christian faithful obtains under certain and clearly defined conditions."¹

How to Gain a Plenary Indulgence (from *Manual of Indulgences*)

- i. One must have the intention of gaining the indulgence
- ii. Detached from sin
- iii. Perform the indulgenced work (listed below) and fulfill the following three conditions:
 1. Sacramental Confession
 2. Receive Eucharistic Communion
 3. Pray for the intentions of the Holy Father (an "Our Father" and "Hail, Mary" usually suffices but one can pray another pious prayer for this intention)

Indulgenced work: (from *Manual of Indulgences* pg. 41)

- i. Adoration of the Blessed Sacrament for at least one half hour
- ii. The pious exercise of the Way of the Cross
- iii. Recitation of the Marian rosary in church; or in a family, or when several of the faithful are gathered for any good purpose
- iv. The devout reading or listening to the Sacred Scriptures for at least a half an hour
(Please note, there are many other indulgenced prayers and devotions some associated with certain seasons and locations. Please reference the *Manual* for more ideas if this interests you.)