



Year of Mercy

Learn, Experience, Share

February 6-7, 2016

The Corporal Works of Mercy: Feed the Hungry

As we look at each work of mercy individually, think about how you are already performing that work. We know that there are many examples ongoing in our parish. Our focus should be to understand how we are sharing God's mercy, think of ways to do it more often and better, and find opportunities to share our experiences to encourage others to join us. If everyone did one more work of mercy each day, how could that change our world!

Here are some ideas:

- Keep granola bars in your car to pass out to people in need at stoplights.
- Take a friend out to lunch, your treat.
- Keep a list of the local food pantry and soup kitchen on hand to pass out to those you encounter around your town who could use such services.
- Volunteer at a the SOS Soup Kitchen
- Prepare and take a meal to someone in your community who is seriously ill or welcoming home a newborn.
- Volunteer for our St. Vincent DePaul Society

Practice Good Stewardship

There are many people in this world who go without food. When so much of our food goes to waste, consider how good stewardship practices of your own food habits can benefit others who do not have those same resources.

- Research, identify and contribute financially to organizations that serve the hungry.
- The next time you make a recipe that can be easily frozen, make a double batch and take it to a family who is dealing with illness or an elderly neighborhood.
- Try not to purchase more food than you are able to eat. If you notice that you end up throwing groceries away each week, purchasing less groceries would eliminate waste and allow you to donate the savings to those in need.

The "Other" Hunger

We can also think of feeding the hunger of our spiritual lives. People need to nourish their souls with the Word of God and the Eucharist.

During Lent we are focusing on Living the Eucharist—God's great gift to us that provides the healing and strength we need to live a holy and virtuous life. Take advantage of the resources provided: the small group sessions, the bulletin inserts, the booklets and prayers to grow in your love for the Eucharist and feed the hunger of your soul—and share them with others.

The Little Ways that People Show Mercy

St. Therese of the Little Flower practiced the "little way"-- doing the smallest of acts out of love of Jesus. We have many people practicing the "little way" in our parish.

Did You Know? We have volunteers who:

- Visit prisoners
- Send cards to random people on our parish sick list
- Drive parishioners to Mass
- Do "saintly" visits to the school (bring saints to life for children)

If you are willing to accept God's call, contact Judy Thompson