

Works of Mercy & Parish Ministry Booklet

Dear Confirmation Candidate,

As you prepare for Confirmation, you will be striving to continually build the virtues that accompany the Christian life. In his encyclical, *God is Love*, Pope Emeritus Benedict XVI explains the three-fold responsibility of the Catholic Church, “The Church's deepest nature is expressed in her three-fold responsibility: of proclaiming the word of God, celebrating the sacraments, and exercising the ministry of charity” (25). It is our hope that these expectations for Confirmation preparation will help you commit more fully to living out the Church’s mission in your own life.

During the formation process for Confirmation, you will perform three (3) Corporal Works of Mercy, three (3) Spiritual Works of Mercy, and serve in liturgical or parish ministry a total of six (6) times. While completing this booklet, you will have the opportunity to learn about the Church’s teaching on serving others and being active parishioners. You will also be able to reflect on your experiences throughout this process.

Important Dates:

- You may use any service activity from August 1, 2018. For example, if you were a part of a school service day or served at Mass in the beginning of August, you may use these instances as long as you have the signature of the teacher or priest.
- For those planning on being confirmed in May 2019, students who attend classes on Sunday this booklet must be completed and must be submitted on April 7, 2019 and students who attend classes on Wednesday this booklet should be complete and must be submitted on April 10, 2019.
- For those planning on being confirmed in May 2020, the completed booklet is due on April 5, 2020 and students who attend classes on Wednesday this booklet should be complete and must be submitted on April 8, 2020.
- You are welcome to turn in completed packets before the deadline. Please turn them in to the faith formation coordinator Santa Fernandez.

God loves each of us with generosity and mercy. Through your service to your neighbor and the Church, may you reflect God’s love for you to the world, “Let us love one another, because love is of God; everyone who loves is begotten by God and knows God” (1 John 4:7).

In Christ,

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Student Checklist

- Spiritual Works of Mercy and Reflections
- Corporal Works of Mercy and Reflections
- Parish/Liturgical Ministry
- Turn in Booklet by Due Date

Full Name: _____ **Birthday:** _____

Spiritual and Corporal Works of Mercy

As you prepare for Confirmation, you will begin to build virtues of serving others. The Corporal Works of Mercy refer to bodily needs and the Spiritual Works of Mercy refer to spiritual needs. These works require the virtue of mercy which can be acquired by building the habit of repeatable doing merciful actions. St. Thomas Aquinas explains the virtue of mercy as, “the compassion in our hearts for another person's misery, a compassion which drives us to do what we can to help him” (*Summa Theologiae* II-II.30.1). As with any virtue, the more we practice mercy, the more easy, prompt, and joyful it will become for us.

The Catholic Church has been at the center of serving the poor, sick, and imprisoned for centuries by founding hospitals, schools, churches, and serving the poorest of the poor and those in prison. The Catholic Church prays for the living and the dead and is the instrument through which God nourishes his people with his Sacramental grace. The guiding principles behind these actions are the **Corporal and Spiritual Works of Mercy** which come from Christ's teachings.

Corporal Works of Mercy

1. To feed the hungry
2. To give drink to the thirsty
3. To clothe the naked
4. To shelter the homeless
5. To visit the sick
6. To ransom the captive
7. To bury the dead

Spiritual Works of Mercy

1. To instruct the ignorant
2. To counsel the doubtful
3. To admonish sinners
4. To bear wrongs patiently
5. To forgive offences willingly
6. To comfort the afflicted
7. To pray for the living and the dead

“When the Son of Man comes in his glory, and all the angels with him, he will sit upon his glorious throne, and all the nations will be assembled before him. And he will separate them one from another, as a shepherd separates the sheep from the goats. He will place the sheep on his right and the goats on his left. Then the king will say to those on his right, ‘Come, you who are blessed by my Father. Inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me, naked and you clothed me, ill and you cared for me, in prison and you visited me.’ Then the righteous will answer him and say, ‘Lord, when did we see you hungry and feed you, or thirsty and give you drink? When did we see you a stranger and welcome you, or naked and clothe you? When did we see you ill or in prison, and visit you?’ And the king will say to them in reply, ‘Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me’” (Matthew 25: 31-40).

Find out more about the Corporal and Spiritual Works of Mercy by reading about the following saints:



Bl. Pier Giorgio Frassati



St. Frances of Rome



St. Faustina Kowalska



St. Martin of Tours



St. María Guadalupe García Zavala

Part I: Spiritual Works of Mercy

For the Spiritual Works of Mercy, we will focus on the work of mercy of praying for the living and the dead. Please complete the following acts of prayer and reflect upon your experience.

1. Pray in **Eucharistic Adoration** or in front of the tabernacle in a Catholic Church for a half hour and offer it for a person or group of people of your choice.

For whom did you offer this time in prayer? _____

In what way was it an act of mercy to pray for this person or group of people? _____

2. Pray the **Rosary** for a person or group of people of your choice.

For whom did you offer this time in prayer? _____

In what way was it an act of mercy to pray for this person or group of people? _____



Eucharistic Adoration

3. Pray the **Divine Mercy Chaplet** for a person or group of people of your choice.

For whom did you offer this time in prayer? _____

In what way was it an act of mercy to pray for this person or group of people? _____

“Intercession is a prayer of petition which leads us to pray as Jesus did. He is the one intercessor with the Father on behalf of all men, especially sinners... Since Abraham, intercession - asking on behalf of another has been characteristic of a heart attuned to God's mercy. In the age of the Church, Christian intercession participates in Christ's, as an expression of the communion of saints. In intercession, he who prays looks ‘not only to his own interests, but also to the interests of others,’ even to the point of praying for those who do him harm”
(Catechism of the Catholic Church, 2634-2635).

“All who die in God's grace and friendship, but still imperfectly purified, are indeed assured of their eternal salvation; but after death they undergo purification, so as to achieve the holiness necessary to enter the joy of heaven. The Church gives the name Purgatory to this final purification of the elect, which is entirely different from the punishment of the damned... From the beginning the Church has honored the memory of the dead and offered prayers in suffrage for them, above all the Eucharistic sacrifice, so that, thus purified, they may attain the beatific vision of God” (Catechism of the Catholic Church, 1030-1032).

Part II: Corporal Works of Mercy

You will perform three (3) Corporal Works of Mercy

	Date	Organization/Location of Service	Signature of the responsible person
Example	8/5/18	Soup Kitchen	
1.			
2.			
3.			

We have provided a list of suggestions and ways to perform the Corporal Works of Mercy. They are suggestions that are meant to help guide you, but you are not limited to these options. It is not necessary to serve with an organization, as you can visit an elderly person at their home and help them with cleaning or yard work. We simply ask that you do not use the works of mercy that you practice with family members to fulfill these expectations of the booklet.

If you perform a merciful act that doesn't seem to fit perfectly into the works of mercy but cannot decide which work of mercy it falls under, you can use a Scripture verse to explain how it fulfilled one of Jesus' commands to his disciples. You may also contact the Evangelization and Formation office for assistance with this if you need help.

- The Soup Kitchen: Danielle Tott, (712) 258-0027
- "Then Feed Just One": (712) 540-3062, rseivert2@yahoo.com
- Food Bank of Siouxland: (712) 255-9741, info@siouxlandfoodbank.org
- Holy Spirit Retirement Home: Mary Hildman, (712) 252-2726, maryh@holyspiritretirementhome.com
- Mercy Hospital: www.mercysiouxcity.com/volunteers
- UnityPoint St. Luke's: www.unitypoint.org/siouxcity/volunteer-1.aspx
- Mid Step Services: Mary Bertram, (712) 274-2252 ext. 232, mbertram@midstepservices.com
- Ronald McDonald House: www.rmhc-siouxland.org/volunteer/
- Mary's Choice: (712) 274-6279
- GiGi's Playhouse: www.gigisplayhouse.org/siouxcity/sioux-city-volunteer-interest
- Special Olympics: www.soiowa.org/get-involved/volunteer/
- Habitat for Humanity: (712) 255-6244, volunteer@siouxlandhabitat.org
- Community Action Agency of Siouxland: (712) 274-1610 ext. 204, www.caasiouxland.org/volunteer.html

Example Reflection:

Where did you volunteer? I volunteered at Mary's Choice.

Which Corporal Work of Mercy did you practice? I practiced the work of mercy to clothe the naked by helping them organize their clothing donations that are for mothers who cannot afford clothing.

Who did you meet while serving at this place? How did you see Christ in them? I met Mary who coordinates the clothing donations. In her, I saw someone who is Christ like in putting the needs of others before herself.

Reflection 1:

Where did you volunteer? _____

Which Corporal Work of Mercy did you practice? _____

Why were you drawn to this work of mercy? _____

Who did you meet while you were serving and how did you see Christ in them? _____

How will you continue to perform this work of mercy in your life? _____

Reflection 2:

Where did you volunteer? _____

Which Corporal Work of Mercy did you practice? _____

Why were you drawn to this work of mercy? _____

Who did you meet while you were serving and how did you see Christ in them? _____

How will you continue to perform this work of mercy in your life? _____

Reflection 3:

Where did you volunteer? _____

Which Corporal Work of Mercy did you practice? _____

Why were you drawn to this work of mercy? _____

Who did you meet while you were serving and how did you see Christ in them? _____

How will you continue to perform this work of mercy in your life? _____

Liturgical and Parish Ministry

Throughout the Confirmation preparation, you are invited to serve in a liturgical ministry and become more rooted in your parish community.

Part III: Liturgical and Parish Ministries

Choose from the following Liturgical and/or Parish Ministries to be a part of and serve in a ministry a total of six (6) times. The amount of times served can be made of a combination of any of the parish or liturgical ministries listed below. You will be expected to attend the necessary trainings and practices associated with the ministry with the understanding that these do not count toward the total times of served. Some ministries may have limited spots available or include a commitment beyond the total expected for this component of Confirmation preparation. Liturgical and parish ministries may include any of the following and you can sign up to be contacted regarding volunteering for the ministries at the Faith Formation Coordinator's desk.

- Altar Server
- Volunteering for Parish Dinners
- Lector
- Volunteering for Parish Service Days
- Usher
- Other options may be approved by the Director of Evangelization and Formation
- Babysitting for Parish Events

	Date	Ministry	Signature
Example	9/2/18	Lector at 1:30 p.m. Mass	
1.			
2.			
3.			
4.			
5.			
6.			

“A parish is a definite community of the Christian faithful established on a stable basis within a particular church; the pastoral care of the parish is entrusted to a pastor as its own shepherd under the authority of the diocesan bishop.’ It is the place where all the faithful can be gathered together for the Sunday celebration of the Eucharist. The parish initiates the Christian people into the ordinary expression of the liturgical life: it gathers them together in this celebration; it teaches Christ's saving doctrine; it practices the charity of the Lord in good works and brotherly love, ‘You cannot pray at home as at church, where there is a great multitude, where exclamations are cried out to God as from one great heart, and where there is something more: the union of minds, the accord of souls, the bond of charity, the prayers of the priests’” (Catechism of the Catholic Church, 2179).

The Divine Mercy Chaplet

The prayer of the Divine Mercy Chaplet is found in the diary of St. Faustina Kowalska, a Polish nun who lived in the 20th century. In her diary, she recorded messages that Jesus gave her throughout her life that focus on the message of Divine Mercy. The message of God's mercy is found in the Church's Scripture and Tradition. The diary of St. Faustina reveals Jesus' desire that the message of mercy be made known throughout the entire world so that everyone, especially the greatest of sinners, would know that God wants to pour out his limitless love and mercy upon each person. St. John Paul II canonized St. Faustina as a saint and established Divine Mercy Sunday which is celebrated by the Church on the Second Sunday of the Easter Season.

“Say unceasingly this chaplet that I have taught you. Anyone who says it will receive great Mercy at the hour of death. Priests will recommend it to sinners as the last hope. Even the most hardened sinner, if he recites this Chaplet even once, will receive grace from My Infinite Mercy. I want the whole world to know My Infinite Mercy. I want to give unimaginable graces to those who trust in My Mercy....” (*Diary of St. Faustina*, 687).

“It pleases Me to grant everything souls ask of Me by saying the chaplet. When hardened sinners say it, I will fill their souls with peace, and the hour of their death will be a happy one. Write this for the benefit of distressed souls; when a soul sees and realizes the gravity of its sins, when the whole abyss of the misery into which it immersed itself is displayed before its eyes, let it not despair, but with trust let it throw itself into the arms of My mercy, as a child into the arms of its beloved mother (...). Tell them no soul that has called upon My mercy has been disappointed or brought to shame. I delight particularly in a soul that has placed its trust in My goodness. Write that when they say this chaplet in the presence of the dying, I will stand between My Father and the dying person, not as the just Judge but as the merciful Savior” (*Diary of St. Faustina*, 1541).

“Write this for the many souls who are often worried because they do not have the material means with which to carry out an act of mercy. Yet spiritual mercy, which requires neither permissions nor storehouses, is much more meritorious and is within the grasp of every soul. If a soul does not exercise mercy somehow or other, it will not obtain My mercy on the day of judgment” (*Diary of St. Faustina*, 1317).

How to Pray the Divine Mercy Chaplet

1. Using a Rosary, begin with the Sign of the Cross, one Our Father, one Hail Mary and The Apostles Creed.
2. Pray the following on the Our Father beads: Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, in atonement for our sins and those of the whole world.
3. Pray the following on the 10 Hail Mary beads: For the sake of His Sorrowful Passion, have mercy on us and on the whole world.
4. Repeat step 2 and 3 for all five decades.
5. After the five decades, pray the following prayer three times: Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.



The Rosary

Prayers of the Rosary

Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Apostles' Creed

I believe in God, the Father almighty, Creator of Heaven and earth. And in Jesus Christ, His only Son, our Lord, Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate; was crucified, died, and was buried. He descended into Hell. The third day He rose again from the dead. He ascended into Heaven, and sits at the right hand of God, the Father almighty. He shall come again to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

Our Father

Our Father, who art in Heaven, hallowed be Thy Name. Thy kingdom come, thy will be done on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen.

Hail Mary

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Glory Be

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning is now, and ever shall be, world without end. Amen.

Fatima Prayer

O my Jesus, forgive us our sins, save us from the fires of Hell; lead all souls to Heaven, especially those in most need of Thy mercy. Amen.

Hail Holy Queen

Hail Holy Queen, mother of mercy; our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this vale of tears. Turn, then, most gracious advocate, thine eyes of mercy toward us. And after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us, O holy Mother of Virgin Mary. God, that we may be made worthy of the promises of Christ. Amen.

How to Pray the Rosary

1. Make the Sign of the Cross and say the "Apostles' Creed."
2. Say the "Our Father."
3. Say three "Hail Marys."
4. Say the "Glory be to the Father."
5. Announce the First Mystery; then say the "Our Father."
6. Say ten "Hail Marys," while meditating on the Mystery.
7. Say the "Glory be to the Father" and the Fatima Prayer.
8. Announce the Second Mystery; then say the "Our Father." Repeat 6 and 7 and continue with Third, Fourth and Fifth Mysteries in the same manner.
9. Conclude with a "Hail Holy Queen."

Mysteries of the Rosary

On Monday and Saturday, meditate on the "Joyful Mysteries"

First Decade: The Annunciation of Gabriel to Mary (Luke 1:26-38)

Second Decade: The Visitation of Mary to Elizabeth (Luke 1:39-56)

Third Decade: The Birth of Our Lord (Luke 2:1-21)

Fourth Decade: The Presentation of Our Lord (Luke 2:22-38)

Fifth Decade: The Finding of Our Lord in the Temple (Luke 2:41-52)

On Thursday, meditate on the "Luminous Mysteries"

First Decade: The Baptism of Our Lord in the River Jordan (Matthew 3:13-16)

Second Decade: The Wedding at Cana, when Christ manifested Himself (Jn 2:1-11)

Third Decade: The Proclamation of the Kingdom of God (Mark 1:14-15)

Fourth Decade: The Transfiguration of Our Lord (Matthew 17:1-8)

Fifth Decade: The Last Supper, when Our Lord gave us the Holy Eucharist (Mt 26)

On Tuesday and Friday, meditate on the "Sorrowful Mysteries"

First Decade: The Agony of Our Lord in the Garden (Matthew 26:36-56)

Second Decade: Our Lord is Scourged at the Pillar (Matthew 27:26)

Third Decade: Our Lord is Crowned with Thorns (Matthew 27:27-31)

Fourth Decade: Our Lord Carries the Cross to Calvary (Matthew 27:32)

Fifth Decade: The Crucifixion of Our Lord (Matthew 27:33-56)

On Wednesday and Sunday, meditate on the "Glorious Mysteries"

First Decade: The Glorious Resurrection of Our Lord (John 20:1-29)

Second Decade: The Ascension of Our Lord (Luke 24:36-53)

Third Decade: The Descent of the Holy Spirit at Pentecost (Acts 2:1-41)

Fourth Decade: The Assumption of Mary into Heaven (Luke 1:26)

Fifth Decade: The Coronation of Mary as Queen of Heaven and Earth (Revelation 12:1)

"There is no problem, I tell you, no matter how difficult it is, that we cannot resolve by the prayer of the Holy Rosary." – Sister Lucia dos Santos of Fatima

"No one can live continually in sin and continue to say the Rosary: either they will give up sin or they will give up the Rosary" – Bishop Hugh Doyle

"Give me an army saying the Rosary and I will conquer the world." – Blessed Pope Pius IX

"Love the Madonna and pray the rosary, for her Rosary is the weapon against the evils of the world today." – St. Padre Pio