

## Corporal Works of Mercy

### Feed the Hungry

Pick a way to feed the hungry, and plan a time to do it. You could volunteer at a food pantry, organize a food drive, donate food, make dinner for another family, make a meal for your family with love, and pray for your family as you work to prepare the meal.

### Give Drink to the Thirsty

Look around you. There is someone thirsting either physically or spiritually. Give them a drink.

Work a water station at a local marathon, donate water bottles to a disaster relief organization, or volunteer or donate to a clean water or other environmental organization. You could also invite someone to Mass if they are spiritually thirsty or invite someone to an event if they are thirsting for support or friendship.

### Clothe the Naked

Volunteer for an organization that provides clothing for the poor or those recovering from a fire or other disaster. If you have the ability, make clothing or blankets to donate to an organization. You could also donate to an organization collecting clothing/coats/socks/shoes/blankets for those in need. Find a way to clothe the naked that works for you.

### Visit the Imprisoned/Ransom the Captive

Pay attention to the people around you this week. Offer support to someone held captive by loneliness, hunger, addiction, age, disability, etc.

### Shelter the Homeless

You could reach out to a homeless shelter, or find an organization that builds or repairs homes.

### Visit the Sick

Visit the sick, whether it's a loved one or it's a stranger at a hospital or nursing home. Spend time with someone battling a form of illness.

## **Bury the Dead**

Visit a cemetery to honor and remember someone. You could also attend a visitation at a mortuary or a funeral liturgy for a neighbor, fellow parishioner, friend, family member. Make time to respect someone who has passed from this life.

## **Spiritual Works of Mercy**

### **Admonish the Sinner**

Love another person so much that you gently and mercifully encourage them to change something that they are currently doing that is hurting them physically or emotionally and/or their relationship with God. For example, texting and driving, smoking, not attending Mass, etc. are dangerous behaviors that you could lovingly encourage someone to work on.

### **Instruct the Ignorant**

Witness your faith and love of the Lord to others. Share times when you saw the Spirit acting in your life. Share your faith with others. You could volunteer to help at **Bloom** or Sunday School. You could lector at Mass or be a greeter or altar server.

### **Counsel the doubtful**

Be present to someone who may be experiencing doubt in the existence of God or teaching of the Church. Do not encourage a doubtful person to simply walk away from the faith of the Catholic Church. Encourage doubtful people to seek answers to the questions that they have.

### **Comfort the sorrowful**

Take the time to ask someone this week, "How are you?" Then simply listen.

### Bear wrongs patiently

Love people for who they are—that includes yourself, too.

If someone frustrates you, take a deep breath, and before responding, remind yourself to “have patience with all things.”

Instead of criticizing *yourself* for a common mistake or fault, ask God to help you let it go and give it to him. Remember how much he loves you.

### Forgive all injuries

Pray the Our Father slowly, and let the words “forgive us our trespasses, as we forgive those who trespass against us” sink deep into your heart. Forgive, mercifully and release others from debt.

### Pray for the living and the dead

Pray for someone who has passed away. You could also pray for someone who has no one to pray for him or her. This can be done anytime. Ideally this will become a regular practice.