My Mercy Experiences

I will choose ONE activity and I will complete the marked activity. (I may do more activities if I choose to)

I will turn in this sheet with my parent's signature on it and at least one Mercy Experience completed and checked off.

Corporal Works of Mercy

Feed the Hungry

_____ 1. Volunteer for a food pantry, soup kitchen, or other organization that feeds the hungry
_____ 2. Learn more about world hunger by reading a book, watching a documentary, or going on-line.
_____ 3. Avoid wasting food as you eat your meals.
_____ 4. Someone has given you food if you were in need.
_____ 5. __________________________________________________________________________

Shelter the Homeless

_____ 1. Help your neighbor take care of their yard.
_____ 2. Help your neighbor do repairs to their home.
_____ 3. Volunteer at a homeless shelter or Room in the Inn.
_____ 4. Donate items/food to a homeless shelter or room in the Inn.
_____ 5. A friend or relative of your family has helped out at your house or in your yard.
_____ 6. __________________________________________________________________________

Clothe the Naked

_____ 1. Go through your drawers and closets at home and find good-condition clothes and shoes to donate.
_____ 2. Participate in programs that provide towels and linens for hospitals in distressed areas.
_____ 3. Organize a clothing/coat/shoe drive.
_____ 4. Someone has given you clothing that they no longer fit into.
_____ 5. __________________________________________________________________________

Visit the Sick

_____ 1. Spend some quality time with someone that is sick or elderly and homebound.
_____ 2. Take time to call, send a card, or send an email to someone who is sick.
_____ 3. Help someone who may be a caregiver for their family member.
_____ 4. Cook and deliver a meal to someone who is sick or homebound.
5. Someone has given you a card, gift, phone call, etc. when you were sick.

6. ____________________________________________________________________________

Visit the Imprisoned

1. Support ministries to those who are in prison.

2. Pray for the families of inmates.

3. ____________________________________________________________________________

Give to the Poor

1. Throw your coin change in a jar and once in a while donate to a charity,

2. Someone has given you change if you ever forgot money for lunch, milk, etc.

3. ____________________________________________________________________________

Bury the Dead

1. Offer prayers for those who are terminally ill or have died.

2. Send a card to a family who has lost a loved one.

3. When you have lost a relative someone has reached out to your family with meals, cards, etc.

4. ____________________________________________________________________________

Spiritual Works of Mercy

1. Will advise or counsel someone in need of help.

2. Will teach something to someone.

3. Will be a positive influence in someone’s life.

4. Will offer words of encouragement to someone who is down or lonely.

5. Will pray for someone who has wronged you and forgive them.

6. Will give someone the benefit of the doubt and pray for that person who has wronged you.

7. ____________________________________________________________________________

I have witnessed and/or discussed my child’s Mercy Experience with them.

Parent Signature ____________________________________________