

# The Corporal Works of Mercy



## Give food to the hungry.

- Keep quart-size bags with chewy granola bars, water, juice bags, hand wipes, peppermints, and socks in your car to give to homeless people you see around town.
- Bring meals to the sick or recovering.
- Volunteer to serve at a soup kitchen or shelter.
- Go shopping and deliver food to someone in need.
- Donate to the St. Vincent de Paul food pantry.
- Provide meals for new moms and newly adoptive families.



## Give drink to the thirsty.

- Donate to reputable organizations that build wells in impoverished regions.
- Donate water to local shelters.
- Bring extra water to sporting events for kids whose parents forget or are unable to provide for the team.
- Pay for the person in the drivethru behind you.



## Shelter the homeless.

- Volunteer at a shelter or halfway house.
- Donate gently used furniture to those in need.
- Help someone fix up their house.
- Volunteer with organizations that build or rebuild homes for the needy.
- Help pay the rent for someone in need or going through a difficult time.
- Open your home to an unwed mother, refugee, or foreign exchange student.



## Clothe the naked.

- Donate gently used clothing to donation centers.
- Collect baby items for moms in need.
- Host a garage sale and donate the money to a Crisis Pregnancy Center or shelter.
- Make your own things to donate.
- Socks - clean socks and underwear are the most needed, and least donated items, in shelters.



## Comfort the sick.

- Make sure someone is bringing Communion and Anointing of the Sick to those who are shut in or very ill.
- Visit, when possible, those who are sick.
- Send notes and cards to those who are shut in or sick.
- Check on elderly neighbors regularly.



## Visit the imprisoned.

- Encourage priests and deacons to visit someone you know is in prison.
- Send care packages to persons in prison
- Visit the imprisoned if you are able.

## Bury the dead.

- Attend funerals and visitations.
- Send cards, flowers, or plants to grieving families and loved ones.
- Provide meals for grieving families.
- Visit gravesites to pray and keep area clean and tidy.
- Help pay for funeral expenses.
- Assist family with funeral arrangements.
- Help clean out the home of the deceased.



## Local Options:

### Catholic Worker/Our Lady of the Road

(St. Joe serves breakfast here every 3rd Saturday at 7:30 AM)

### Hope Ministries

(Ministries of St. Joe parish serve dinner here at 6:00 PM every first Friday. To help contact parishioner John Conway at JConway@lck-law.com)

### St. Vincent de Paul

(574) 234-3134  
(Non-perishable food items may be dropped off at every mass each weekend using the blue bags in the vestibule of church.)

### Haiti Mission

(Donations to our sister parish in Haiti may be directed to the parish office.)

### Catholic Charities

(574) 234-3111

### Habitat for Humanity

(574) 288-6967

### St. Margaret's House

(574) 234-7795

### Women's Care Center

(574) 234-0363

### Diocesan Prison Ministry

asturm@diocesefwsb.org

### St. Joe Meal Ministry

meals@stjoeparish.com

### St. Joe Funeral Luncheon Ministry

### Ministry to the Sick and Homebound

(refugee resettlement)  
Contact parish office at (574) 234-3134

## Suggestions for Family and Individual Formation During Lent (and Beyond!)

### Give food to the hungry.

- Thoughtfully and cheerfully prepare dinner for yourself and/or for your family.
- Avoid going out to eat or driving through fast food places unnecessarily.
- Invite someone you know is lonely over to dinner.
- Invite a young couple, seminarian, or graduate student over for dinner.
- Teach your children or grandchildren to cook.
- Provide well balanced meals for yourself and your family.
- Create a meal plan and budget, and stick to it as a path toward good stewardship.
- If you don't normally cook for your family, try taking this chore off the usual cook's plate.
- Teach your children to set the table and practice good table manners.
- Eat together at least once per day.
- Teach your children to clean up after dinner.
- Don't waste food.



### Give drink to the thirsty.

- Use a reusable water bottle and drink plenty of water for your health..
- Cheerfully offer to get beverages for your housemates/family when you serve yourself.
- Take a friend out for coffee (or drinks) to salve the thirst for meaningful fellowship.
- Bring a co-worker coffee or something else to drink when they're extra tired or busy.
- Send coffee shop gift cards to teachers and staff at your children's school as a way of thanking them for their dedication.
- Learn to use just one glass a day instead of cluttering the sink with several half-used cups.
- Don't waste water.



### Shelter the homeless.

- Create an atmosphere of love in your home through order, cleanliness, and touches of beauty.
- Create prayer space(s) in your home to remind you that your family is a domestic church.
- Take care of your belongings and teach your children to do the same.
- Teach children not just to clean up after themselves, but to help clean their home.
- Teach children that chores are not a punishment, but rather an exercise of good stewardship of our belongings, and help family members to support one another.
- Thank one another for the ways each person helps make your house a home.
- Practice hospitality when possible.
- Set aside times for silence at home, and let the peace wash over you in gratitude for your home.



### Clothe the naked.

- Be a good steward of your belongings by repairing, laundering, and storing clothing properly.
- Don't shop unnecessarily and be content with the clothing you have.
- Teach children to take care of their clothing by putting items away.
- Teach children to fold clothes. (Even little ones can help with socks.)
- Regularly sort through garments that can be donated to those in need. Launder items before donating.



### Comfort the sick.

- Be compassionate with one another when someone is going through a difficult time.
- Be cheerful whenever you can so that good cheer will pervade your home.
- Be patient with those who are stressed, anxious, or overly busy.
- Look for ways to help lighten one another's load.
- Be mindful of emotional ills as well as physical ills.
- Gently care for family members who are sick or injured.
- Check in on a child, friend, family member, or spouse who has been under the weather.
- Take care of each other, encouraging healthful practices.
- Listen.



### Visit the imprisoned.

Incarceration is just one form of imprisonment. Some people are trapped by circumstances beyond their control, or are bound by duties and obligations that curb their daily freedoms. Caregivers, parents of very young children, individuals with mental illness, or those dealing with extreme emotional suffering can feel trapped from time to time. Do you know a child with Autism that struggles to make friends or is not invited to events like other children? Do you know a young parent with a house full of little ones who needs some time alone? Or an elderly neighbor who spends too much time alone? Look around you to see if anyone fits this description in your life. How can you help them? Encourage them? Befriend them?



### Bury the dead.

- Bake cookies on your own with your children to donate to the St. Joe Funeral Luncheon Ministry.
- Have masses said for deceased family members or friends.
- Create and write condolence cards on your own or with your children to send to those who have lost loved ones.

