

The following W.O.M. Service Projects are “GROUP” Service Projects.

Most of the Group Service Projects have a specified number of “**Available Spots**”. Once we reach the maximum signups, no additional students will be added to that Group Service Project.

- The Student (& Parent) must complete all of the requirements (including “**Mandatory Dates**”) of the chosen Service Project.
- ALL W.O.M. Service Projects must be completed and Student’s Reflection Essays turned in **NO LATER THAN April 15, 2020**.
- **IMPORTANT:** Your Service Project is NOT complete until the Reflection Essay is turned in.

## W.O.M. Group Service Project Option # 1

# Brown Bag Lunches for the Homeless – FALL Session

*Addresses the Corporal & Spiritual Works of Mercy: Feed the Hungry & Comfort the Afflicted*

**Summary:** Students & Parents will help bake cookies, pack Brown Bag Lunches, and then distribute the lunches in Sacramento to the Homeless. This Service Project will be directed by Betty & Steve May and will include an education presentation by the Mays based on their experiences helping and feeding the Homeless in our greater community.

### MANDATORY DATES:

- **Thursday, October 24, 2019 (5:30 – 8:00 PM in the Parish Hall):** Cookie Baking and presentation by the Mays on the homeless condition in our community. This will also include everyone pitching in to clean up the kitchen and equipment after the baking. Don't worry – you'll get to sample your work that night! Yum Yum!
- **Sunday, October 27, 2019 (8:00 AM – 1:00 PM in the Parish Hall):** Brown Bag Lunch Prep and then carpool to the distribution site downtown Sacramento, distribution set up, and handing out of Brown Bag Lunches. The group will go downtown in Sacramento rain or shine to distribute the Brown Bag Lunches. Approximate return time to GSCC is 1:00 PM.

**Available Spots: 12 Students MAX**

**Costs: WILL VARY** – All of the cookie ingredients and some of the Brown Bag Lunch supplies will be provided by St. Vincent de Paul & EDGE/ONE EIGHT, but we will still need some items purchased and donated by you, the participating families. Betty & Steve May will go over the "shopping list" of items needed for the Brown Bag Lunches at the April 3<sup>rd</sup> meeting and you'll be able to sign up to provide one or more of those items.

**Each Student needs to bring the following items with them on April 3<sup>rd</sup> for the Cookie Baking:**

#### MUST BRING:

- Set of measuring spoons
- Set of (DRY) measuring cups (*no liquid measuring cups are needed for this recipe*)

#### PLEASE BRING IF YOU HAVE:

- 1 electric (hand-held or counter top) mixer with beaters

**All other baking supplies will be available in the kitchen.**

### STUDENT & PARENT REQUIREMENTS

1. **BOTH Student & Parent** attend the October 24<sup>th</sup> meeting to bake cookies, hear the education presentation, and prepare for the October 27<sup>th</sup> lunch prep & distribution. You need to bring the items listed above with you to this meeting.
2. **BOTH Student & Parent** attend the October 27<sup>th</sup> Brown Bag Lunch prep in the morning, then load up the cars and travel to Sacramento to the distribution sites, set up, and distribute the Brown Bag Lunches.
3. The **STUDENT** will then type/write a 1-2 page Reflection paper about your experience participating in this W.O.M. Service Project AFTER the Brown Bag Lunch distribution day (October 27, 2019).

## W.O.M. Group Service Project Option # 2

# Run to Feed the Hungry

*Addresses the Corporal Work of Mercy: Feed the Hungry*

**Summary:** Students & Parents will register for & participate in the **Run to Feed the Hungry 5K run/walk** as part of the *GSCC One Flock, One Family Team* on Thanksgiving morning, to raise awareness about food insecurity in our community & raise money for the Sacramento Food Bank!

### MANDATORY DATES:

- **Wednesday, October 2, 2019 (7:00 – 8:00 PM in the St. John Paul 2 Room):** Sacramento Food Bank / Run to Feed the Hungry Presentation (online RTFH registration will be available this night after the presentation)
- **Tuesday, November 26, 2019 (6:30 – 8:00 PM in the St. Lucia Classroom):** Pick Up team shirts & running bibs. You can arrive anytime during this window to collect your items and go...no meeting.
- **Thursday, November 28, 2019 (Thanksgiving Morning downtown Sacramento):** Run to Feed the Hungry

**Available Spots: NO LIMIT**

**Costs:** Team Registration is \$35 for Youth 17 and under; \$55 for Adults. This Team Registration includes:

- Upgraded Run to Feed the Hungry Shirt with personalized Team name of: *GSCC "One Flock, One Family"*.
- Team Headband
- Personal Timing Tag
- Team area with coffee, water, and breakfast snacks on Thanksgiving morning & team photo
- And...our Team fundraising is automatically calculated.

**FYI:** It's important to mention that even with all of these nifty Team Benefits, more than 75% of your registration fee goes directly to benefit the Sacramento Food Bank due to the generosity of sponsorships for this event, ***so rest assured that your Registration Fee is getting to those people in need in our community!***

**Goal:** We are *encouraging* each registered participant on the *GSCC One Flock, One Family Team* to set a personal goal of raising **at least \$50.00** from family and friends that will benefit the Sacramento Food Bank.

**Registration:** Please sign up first through the SignUpGenius link. The information to register & pay for Run for the Hungry will be included on the SignUpGenius link.

**IMPORTANT: The Team Registration Deadline for Run to Feed the Hungry is:**  
**OCTOBER 31, 2019!**

### STUDENT & PARENT REQUIREMENTS

1. **BOTH Student & Parent** (and additional family members if desired) need to register online @ <https://raceroster.com/events/2019/23509/run-to-feed-the-hungry-10k5k> under our **GSCC One Flock, One Family Team Registration** by the October 31st deadline & participate in the 5K Run/Walk on Thanksgiving morning.
2. **BOTH Student & Parent** need to attend the October 2<sup>nd</sup> Sacramento Food Bank Presentation & pick up on the November 26<sup>th</sup>, to collect your team shirts, bibs, etc.
3. The **STUDENT** will then type/write a 1-2 page Reflection paper about your experience participating in this W.O.M. Service Project AFTER the Walk/Run on Thanksgiving morning.

## W.O.M. Group Service Project Option # 3

# Knights of Columbus' Christmas Adopt-A-Family

*Addresses the Spiritual Work of Mercy: Console & Comfort the Afflicted*

**Summary:** Students will work with the Knights of Columbus during their annual pie sales in November to raise money for the purchase of Christmas gifts for families in need this Christmas. Students & Parents will help work the pie sales booths after the Saturday and Sunday masses WITH members of the Knights of Columbus. Students will shop & wrap the Christmas gifts for their assigned family.

### MANDATORY DATES:

- **November 2/3, 9/10, 16/17 & 23/24, 2019 (after weekend masses in the Narthex):** Students and parents will sign up each weekend to help sell pies after Mass with members of the Knights of Columbus.
- **Friday, December 6, 2019 (7:00 – 8:30 PM in the SEAS Staff Lounge):** Shopping Planning Meeting! Students and their parents will meet with a member of the Knights of Columbus, form teams and be assigned their family to shop for.
  - At this meeting, Students will be given funds & shopping parameters (the family's "Christmas Wish List") and will then be responsible for shopping for their assigned family's gifts.
- **Monday, December 16, 2019 (7:00 – 8:30 PM in the St. John Paul 2 Room):** Wrapping supplies will be provided and we'll wrap presents and turn in receipts and change.

**Available Spots: 6 Students MAX**

**Costs: NONE.** All funds for the purchase of Christmas gifts will come from the pie sales. You are welcome to donate your own money to help purchase gifts, but it is not required.

## STUDENT & PARENT REQUIREMENTS

1. **Both Student & Parent** sign up and help sell pies after Mass once a weekend for 4 weekends: Nov. 2/3, 9/10, 16/17, & 23/24.
2. **Both Student & Parent** attend the Shopping Planning Meeting on December 6<sup>th</sup> @ 7:00 PM in the St. Maria Goretti (8<sup>th</sup> Grade) Classroom. Working with the other students and parents on your team, you will decide when and how your team will shop for their assigned family's Christmas gifts. Students – this is YOUR service project – YOU need to do the shopping!
3. **Both Student & Parent** attend the Wrapping Night on December 16<sup>th</sup> @ 7:00 PM in the St. John Paul 2 Room. Supplies will be provided for wrapping all presents, and this will be the night to turn in all receipts and any change left over!
4. The **STUDENT** will then type/write a 1-2 page Reflection paper about your experience participating in this W.O.M. Service Project AFTER the gifts are wrapped and delivered to the Knights of Columbus coordinator.

## W.O.M. Group Service Project Option # 4

# St. Vincent de Paul Society – THANKSGIVING Food Baskets

*Addresses the Corporal Work of Mercy: Feed the Hungry*

**Summary:** Students & Parents will help provide items for the SVDP Thanksgiving Dinner Food Bags and will help on the day of distribution as SVDP provides Thanksgiving Dinners to over 60 low-income families. Students and Parents will help make the food bags & help the recipients carry the food bags to their cars on the Distribution Day.

### **MANDATORY DATE:**

- **Monday, November 25, 2019 (8:30 AM – 12:00 PM at the Fr. Leon SVDP Food Closet):** Distribution Day (the building across the SEAS parking lot from the church & next door to the Youth Room)

**Available Spots: 5 Students MAX**

### **Costs: WILL VARY**

- Students & Parents participating in this Service Project will need to participate in the setting up, distribution, and clean up on Monday, November 25, 2019.
- AND provide a donation on the day of distribution that includes the following Food Donations:

#### **Your Food Donation Box should contain items to feed a family of 6:**

Frozen Turkey  
Stuffing Mix  
Canned Green Beans and/or Corn  
Canned Pumpkin & Pie Crust or Frozen Pie  
Canned Cranberry Sauce  
10 lb bag of potatoes  
Jar Gravy or Gravy Packets  
Dinner Rolls  
*Anything additional you would like to include in the Thanksgiving Food Donation Box...*

#### **Other *OPTIONAL* items that are not required, but always appreciated:**

Grocery Store Gift Cards  
Bags of Rice  
Pasta  
Blocks of Cheese  
Peanut Butter  
Canned Chicken  
Fresh Vegetables or Fruit  
Baby Diapers (any size)  
Baby Wipes

## **STUDENT & PARENT REQUIREMENTS**

1. With family & friends, or by organizing a food drive in your neighborhood, collect the items on the list provided above for your **Food Donation Box**. If you can collect any of the items on the **Optional** list, that would be wonderful and SVDP would greatly appreciate those donations as well!
2. **BOTH Student & Parent** will arrive at the SVDP Food Closet on the designated distribution date (Nov. 25, 2019) at 8:30 AM with your donations. You will be helping with set up, making the Thanksgiving Food Boxes Distributing the Food Bags, carrying items to the recipients' cars, and final cleanup. **BRING GLOVES!** Handing out the frozen turkeys can be a REALLY COLD JOB for your hands!
3. The **STUDENT** will then type/write a 1-2 page Reflection paper about your experience participating in this W.O.M. Service Project AFTER the SVDP distribution day (Nov. 25, 2019).

## W.O.M. Group Service Project Option # 5

# St. Vincent de Paul Society – CHRISTMAS Food Baskets

*Addresses the Corporal Work of Mercy: Feed the Hungry*

**Summary:** Students & Parents will help provide items for the SVDP Christmas Dinner Food Bags and will help on the day of distribution as SVDP provides Christmas Dinners to over 60 low-income families. Students and Parents will help make the food bags & help the recipients carry the food bags to their cars on the Distribution Day.

### **MANDATORY DATE:**

- **Monday, December 23, 2019 (8:30 AM – 12:00 PM at the Fr. Leon SVDP Food Closet):** Distribution Day (the building across the SEAS parking lot from the church & next door to the Youth Room)

**Available Spots: 5 Students MAX**

### **Costs: WILL VARY**

- Students & Parents participating in this Service Project will need to participate in the setting up, distribution, and clean up on Monday, December 23, 2019.
- AND provide a donation on the day of distribution that includes the following Food Donations:

#### **Your Food Donation Box should contain items to feed a family of 6:**

Spiral Ham or a Frozen Turkey  
Stuffing Mix  
Canned Green Beans and/or Corn  
Canned Pumpkin & Pie Crust or Frozen Pie  
Canned Cranberry Sauce  
10 lb bag of potatoes  
Jar Gravy or Gravy Packets  
Dinner Rolls  
*Anything additional you would like to include in the Christmas Food Donation Box...*

#### **Other *OPTIONAL* items that are not required, but always appreciated:**

Grocery Store Gift Cards  
Bags of Rice  
Pasta  
Blocks of Cheese  
Peanut Butter  
Canned Chicken  
Fresh Vegetables or Fruit  
Baby Diapers (any size)  
Baby Wipes

## **STUDENT & PARENT REQUIREMENTS**

1. With family & friends, or by organizing a food drive in your neighborhood, collect the items on the list provided above for your **Food Donation Box**. If you can collect any of the items on the **Optional** list, that would be wonderful and SVDP would greatly appreciate those donations as well!
2. **BOTH Student & Parent** will arrive at the SVDP Food Closet on the designated distribution date (Dec. 23, 2019) at 8:30 AM with your donations. You will be helping with set up, making the Christmas Food Boxes, Distributing the Food Bags, carrying items to the recipients' cars, and final cleanup. **BRING GLOVES!** Handing out the frozen hams/turkeys can be a REALLY COLD JOB for your hands!
3. The **STUDENT** will then type/write a 1-2 page Reflection paper about your experience participating in this W.O.M. Service Project AFTER the SVDP distribution day (Dec. 23, 2019).

## W.O.M. Group Service Project Option # 6

### Cancer Chemo Bag Covers

*Addresses the Spiritual & Corporal Works of Mercy: Comfort the Sick & Afflicted and Pray for the Living and the Dead*

**Summary:** Do you SEW? Do you want to LEARN HOW TO SEW? We are partnering up with “Covered with Joy” to sew chemo bag covers in an effort to bring a little joy & comfort to those people in our community suffering from cancer. Students will provide a few supplies and then we’ll meet together to prepare, sew, and prep for distribution chemo bag covers. Instruction in sewing will be provided for those with no sewing experience. This is an opportunity to learn a new skill set or practice your sewing skills, while bringing comfort to some very special people. To find out more about “Covered with Joy”, visit their website at [www.coveredwithjoy.com](http://www.coveredwithjoy.com) and see what a beautiful gift these covers are for cancer patients.

#### MANDATORY DATES:

- **Friday, January 10 (7:00 – 9:00 PM in the SJP2 Room):** Meet and greet, outline the plan for the project, assess skill levels, and start providing instructions & preparing materials.
- **Friday, January 17 (7:00 – 9:00 PM in the SJP2 Room):** Project Prep, instruction, and sewing
- **Saturday, January 18 (8:00 – 10:00 AM in the SJP2 Room):** Project Prep, instruction, and sewing
- **Friday, January 24 (7:00 – 9:00 PM in the SJP2 Room):** Project Prep, instruction, and sewing
- **Saturday, January 25 (8:00 – 10:00 AM in the SJP2 Room):** Project Prep, instruction, and sewing. At this meeting, we will schedule the visit & delivery date (February or March) to the hospital(s) or if students will meet to pack & mail the chemo covers.

**Available Spots:** 8 Students MAX

**Costs:** WILL VARY - USE YOUR COUPONS & LOOK FOR SALES @ JOANN'S FABRICS.

#### What YOU will be required to provide:

##### Mandatory Supplies

- 1 yard cotton cloth – ANY design or color
- Good pair of fabric scissors
- Sharpie Marker
- 1 spool of ribbon (3/8 inch)
- 1 spool of white thread

##### Optional Supplies

- If you have these items & can bring them, it would be helpful. We will have a few sewing machines and irons, so students may have to trade off working on the sewing machines and doing other tasks.
- Sewing Machine
  - Iron

### STUDENT & PARENT REQUIREMENTS

1. **Both Student & Parent** attend **ALL** of the Sewing Sessions in January.
2. **Both Student & Parent** participate in the Chemo Bag Cover Delivery (or pack & mail) in February or March.
3. The **STUDENT** will then type/write a 1-2 page Reflection paper about your experience participating in this W.O.M. Service Project **AFTER** you have finished delivering the chemo bag covers.

## W.O.M. Group Service Project Option # 7

# Comfort Blankets & Teddy Bears to benefit W.E.A.V.E

*Addresses the Spiritual & Corporal Works of Mercy: Console & Comfort the Afflicted & Shelter the Homeless*

**Summary:** Students will purchase fleece material to make “no-sew” blankets & donate new or gently used teddy bears to benefit W.E.A.V.E. – a non-profit organization that shelters and provides services to victims of domestic abuse in the Sacramento area. W.E.A.V.E. brings comfort to EVERY person (child or adult) with a blanket & Teddy Bear that comes through their shelter.

### MANDATORY DATES:

- **Friday, January 10, 2020 (7:00 – 8:00 PM in the Church):** Presentation about W.E.A.V.E. by one of their Community Educators.
- **Sunday, January 12, 2020 (1:00 PM – 5:00 PM in the Fr. Philip Wells Hall):** Blanket Making Party in the Parish Hall. Hot Cocoa & Cookies provided at the end, then its group photos and load the car(s) for delivery to W.E.A.V.E.!

**Available Spots: 40 Students MAX**

**Costs: WILL VARY - USE YOUR COUPONS & LOOK FOR SALES ON FLEECE MATERIAL @ JOANN'S FABRICS.**

### What YOU will be required to provide on January 12, 2020:

- **IF making 1 Large Blanket (for an older child, teen, or adults):** 2 cuts (2.5 yards in length for each cut) - your choice of coordinating fleece materials.
- **IF making 1 Small Blanket (for a young child, toddler, or infant):** 2 cuts (1.25 yards in length for each cut) - your choice of coordinating fleece materials.
- *JoAnn's Fabrics also has kits with pre-cut fleece material. Please make sure the pre-cut kits generally match the blanket sizes listed above. If you've made these before, you're welcome to make more than 1 blanket!*

### PLUS...

- **1 Teddy Bear PER blanket:** Teddy Bears can be NEW or GENTLY USED. If donating a gently used Teddy Bear, PLEASE WASH & DRY it (it will do just fine in the washer & dryer) at home before bringing it with you.
- **1 Pair of GOOD FABRIC SCISSORS PER Student & Parent** so everyone can help with cutting and tying the material.
- **2 yards of 2-inch wide cloth ribbon:** this will be used to tie the teddy bear and blanket together to make a complete package. (if making more than 1 blanket, have a 2 yard cut of ribbon for each blanket).

## STUDENT & PARENT REQUIREMENTS

1. **Both Student & Parent** attend the Presentation by W.E.A.V.E. on January 10<sup>th</sup> @ 7:00 PM in the church.
2. **Both Student & Parent** attend the Blanket Making Party on January 12<sup>th</sup> & provide the items listed above.
3. The **STUDENT** will then type/write a 1-2 page Reflection paper about your experience participating in this W.O.M. Service Project **AFTER** you have participated in the Blanket Making Party.



## W.O.M. Group Service Project Option # 8

### Walk For Life West Coast

*Addresses the Spiritual Works of Mercy: Pretty much all of the Spiritual Works of Mercy*

**Summary:** Students & Parents will join members from GSCC on Saturday, January 25<sup>th</sup> for a 7:30 am mass at GSCC, then a bus ride to San Francisco where you will participate in the West Coast Walk for Life. Upon arrival in San Francisco, participants will gather to listen to keynote speakers and then walk together in support of the Church's teaching for Respect for Life.

#### **MANDATORY DATE:**

- **Saturday, January 25, 2020 (7:30 AM – 6:00 PM):** 7:30 AM Mass at GSCC then bus ride to San Francisco for Walk For Life West Coast. Speakers @ 11:00 AM and the walk begins at 12:00 PM. Expected return to GSCC around 6:00 PM.

**Available Spots: NO LIMIT (Registration & payment is to be made in the Parish Office. Gary Hickman is the contact person for this event @ Hickmgary@yahoo.com)**

#### **Costs: \$25.00 per person and this includes:**

- Bus Transportation to and from San Francisco from GSCC
- Snacks on the bus ride
- If cost is an issue, please contact the GSCC Respect for Life Ministry Lead and organizer, Gary Hickman @ Hickmgary@yahoo.com. Scholarships are available to help defray costs if that is an issue.

**Registration: Payment needs to be made by December 15, 2019 to Gary Hickman to reserve your spot.**

**You need to Provide: Sack Lunch.** The organizers strongly urge participants to bring a sack lunch with disposable items so that you don't leave the walking route. This is both for safety and so that the walk continues unimpeded by people dropping in and out of the walk.

### **STUDENT & PARENT REQUIREMENTS**

1. **Both Student & Parent** register & attend the Walk for Life West Coast beginning with the 7:30 am Mass at GSCC.
2. The **STUDENT** will then type/write a 1-2 page Reflection paper about your experience participating in this W.O.M. Service Project **AFTER** you have participated in Walk For Life West Coast.

## W.O.M. Group Service Project Option # 9

# Brown Bag Lunches for the Homeless – SPRING Session

*Addresses the Corporal & Spiritual Works of Mercy: Feed the Hungry & Comfort the Afflicted*

**Summary:** Students & Parents will help bake cookies, pack Brown Bag Lunches, and then distribute the lunches in Sacramento to the Homeless. This Service Project will be directed by Betty & Steve May and will include an education presentation by the Mays based on their experiences helping and feeding the Homeless in our greater community.

### MANDATORY DATES:

- **Thursday, March 26, 2020 (5:30 – 8:00 PM in the Parish Hall):** Cookie Baking and presentation by the Mays on the homeless condition in our community. This will also include everyone pitching in to clean up the kitchen and equipment after the baking. Don't worry – you'll get to sample your work that night! Yum Yum!
- **Sunday, March 29, 2020 (8:00 AM – 1:00 PM in the Parish Hall):** Brown Bag Lunch Prep and then carpool to the distribution site downtown Sacramento, distribution set up, and handing out of Brown Bag Lunches. The group will go downtown in Sacramento rain or shine to distribute the Brown Bag Lunches. Approximate return time to GSCC is 1:00 PM.

**Available Spots: 12 Students MAX**

**Costs: WILL VARY** – All of the cookie ingredients and some of the Brown Bag Lunch supplies will be provided by St. Vincent de Paul & EDGE/ONE EIGHT, but we will still need some items purchased and donated by you, the participating families. Betty & Steve May will go over the "shopping list" of items needed for the Brown Bag Lunches at the April 3<sup>rd</sup> meeting and you'll be able to sign up to provide one or more of those items.

**Each Student needs to bring the following items with them on April 3<sup>rd</sup> for the Cookie Baking:**

#### MUST BRING:

- Set of measuring spoons
- Set of (DRY) measuring cups (*no liquid measuring cups are needed for this recipe*)

#### PLEASE BRING IF YOU HAVE:

- 1 electric (hand-held or counter top) mixer with beaters

**All other baking supplies will be available in the kitchen.**

## STUDENT & PARENT REQUIREMENTS

1. **BOTH Student & Parent** attend the October 24<sup>th</sup> meeting to bake cookies, hear the education presentation, and prepare for the October 27<sup>th</sup> lunch prep & distribution. You need to bring the items listed above with you to this meeting.
2. **BOTH Student & Parent** attend the October 27<sup>th</sup> Brown Bag Lunch prep in the morning, then load up the cars and travel to Sacramento to the distribution sites, set up, and distribute the Brown Bag Lunches.
3. The **STUDENT** will then type/write a 1-2 page Reflection paper about your experience participating in this W.O.M. Service Project AFTER the Brown Bag Lunch distribution day (October 27, 2019).

**W.O.M. Group Service Project Option # 10**  
**St. Vincent de Paul Society – EASTER Food Baskets**

*Addresses the Corporal Work of Mercy: Feed the Hungry*

**Summary:** Students & Parents will help provide items for the SVDP Easter Dinner Food Bags and will help on the day of distribution as SVDP provides Easter Dinners to over 60 low-income families. Students and Parents will help make the food bags & help the recipients carry the food bags to their cars on the Distribution Day.

**MANDATORY DATE:**

- **Monday, April 6, 2020 (8:30 AM – 12:00 PM at the Fr. Leon SVDP Food Closet):** Distribution Day (the building across the SEAS parking lot from the church & next door to the Youth Room)

**Available Spots: 5 Students MAX**

**Costs: WILL VARY**

- Students & Parents participating in this Service Project will need to participate in the setting up, distribution, and clean up on Monday, April 6, 2020.
- AND provide a donation on the day of distribution that includes the following Food Donations:

**Your Food Donation Box should contain items to feed a family of 6:**

Spiral Ham or a Frozen Turkey  
Stuffing Mix  
Canned Green Beans and/or Corn  
Canned Apple Pie Filling & Pie Crust or Frozen Pie  
Canned Cranberry Sauce  
10 lb bag of potatoes  
Jar Gravy or Gravy Packets  
Dinner Rolls  
*Anything additional you would like to include in the Easter Food Donation Box...*

**Other *OPTIONAL* items that are not required, but always appreciated:**

Grocery Store Gift Cards  
Bags of Rice  
Pasta  
Blocks of Cheese  
Peanut Butter  
Canned Chicken  
Fresh Vegetables or Fruit  
Baby Diapers (any size)  
Baby Wipes

**STUDENT & PARENT REQUIREMENTS**

1. With family & friends, or by organizing a food drive in your neighborhood, collect the items on the list provided above for your **Food Donation Box**. If you can collect any of the items on the **Optional** list, that would be wonderful and SVDP would greatly appreciate those donations as well!
2. **BOTH Student & Parent** will arrive at the SVDP Food Closet on the designated distribution date (April 6, 2020) at 8:30 AM with your donations. You will be helping with set up, making the Easter Food Boxes, Distributing the Food Bags, carrying items to the recipients' cars, and final cleanup. **BRING GLOVES!** Handing out the frozen hams/turkeys can be a REALLY COLD JOB for your hands!
3. The **STUDENT** will then type/write a 1-2 page Reflection paper about your experience participating in this W.O.M. Service Project **AFTER** the SVDP distribution day (April 6, 2020).



**The following W.O.M. Service Projects are “INDIVIDUAL” Service Projects.**

**These Individual W.O.M. Service Projects will require more self-motivation and accountability, so keep this in mind if choosing one of the following W.O.M. Service Projects below.**

- **The Student (& Parent) must complete all of the requirements (including “Mandatory Dates”) of the chosen Service Project between October 1, 2019 – March 31, 2020.**
- **Service Verification Forms** (available at the end of this document) are required for all Individual W.O.M. Service Projects and need to be completed, signed by your Volunteer Supervisor (NOT a parent) and submitted with your completed Reflection Essay.
- **IMPORTANT: Your W.O.M. Service Projects** (including Service Verification Forms, & Reflection Essays) are **DUE NO LATER THAN April 15, 2020.**

## W.O.M. Individual Service Project Option # 1

# Blessing Bags for the Homeless – FALL Session

*Addresses the Corporal & Spiritual Works of Mercy: Feed the Hungry & Comfort the Afflicted*

**Summary:** Students & Parents will help bake cookies for the Homeless, hear a presentation by Betty & Steve May on the Homeless condition in our community, and then you will assemble Blessing Bags at home (with either purchased or donated items) for the Homeless. These Blessing Bags will be distributed by Betty & Steve May on the days when they distribute meals to the homeless.

### MANDATORY DATE:

- **Thursday, October 24, 2019 (5:30 – 8:00 PM in the Parish Hall):** Cookie Baking and presentation by the Mays on the homeless condition in our community. This will also include everyone pitching in to clean up the kitchen and equipment after the baking. Don't worry – you'll get to sample your work that night! Yum Yum!
- **Thursday, October 24, 2019 (DUE DATE for Blessing Bags):** All Blessing Bags need to be assembled and turned in to Betty & Steve May on October 24<sup>th</sup>. Because of limited storage, we cannot accept the Blessing Bags in the Parish or CFF Office prior to October 24<sup>th</sup>.

**Important:** Betty or Steve May will need to sign the **Service Verification Form** (a copy of this form is attached or can be requested from Mrs. Pott in the Religious Education Office) certifying you turned in your (minimum) 5 completed Blessing Bags.

**Available Spots: No Limit**

**Costs: WILL VARY – Each student is required to purchase supplies (or collect donations) to make at least 5 Blessing Bags.** The cost will depend on how many items you can get donated and what you end up purchasing out of pocket.

#### Hints & Suggestions:

- This is a good time to ask friends and family to make donations to support your service project.
- If you are going to ask friends and family for help, consider increasing the number of Blessing Bags that you make and to make them feel more included, ask them to donate items instead of money (i.e. Donate 5 (or more) deodorant sticks, toothbrushes, or travel size shampoo and conditioners, etc.).
- Your dentist is a great person to ask for donations of toothbrushes, toothpastes, mouth wash, and floss for your Blessing Bags. Hey, it's worth asking!
- Blessing Bags can be put in any recycled bags you have, but if using grocery bags, I suggest using the plastic ones so that they don't rip while being stored before distribution.

### Blessing Bags need to include:

TRAVEL SIZE		AND...	OPTIONAL Items to Include
<ul style="list-style-type: none"><li>• Kleenex</li><li>• Sanitizing Hand Gel</li><li>• Toothbrush</li><li>• Toothpaste</li><li>• Mouthwash</li><li>• Chapstick</li><li>• Hand Lotion</li></ul>	<ul style="list-style-type: none"><li>• Shampoo</li><li>• Conditioner</li><li>• Band-Aids</li></ul> <p>These TRAVEL SIZE Items should all be placed in a Gallon Size Ziploc Bag and then into the Blessing Bag.</p>	<ul style="list-style-type: none"><li>• Pack of NEW Socks and/or Underwear (*)</li><li>• Bottle of Water</li><li>• Snack (with a long shelf life)</li></ul> <p>(*) Place a label on the Blessing Bag indicating SIZE and MALE / FEMALE.</p>	<ul style="list-style-type: none"><li>• Individual Packets of Instant Coffee</li><li>• Small Fast Food Gift Cards</li><li>• Travel Size Wet Wipes</li><li>• Men – shaving cream &amp; razor</li><li>• Women – Feminine Hygiene Products</li><li>• Words of prayer &amp; encouragement.</li></ul>

## STUDENT & PARENT REQUIREMENTS

1. **BOTH Student & Parent** attend the October 24<sup>th</sup> meeting to bake cookies, hear the education presentation, and turn in your completed Blessing Bags.
2. The **STUDENT** will then type/write a 1-2 page Reflection paper about your experience participating in this W.O.M. Service Project AFTER the cookie making, education presentation, and turning in of your Blessing Bags (October 24, 2019).

## W.O.M. Individual Service Project Option # 2

# Blessing Bags for the Homeless – SPRING Session

*Addresses the Corporal & Spiritual Works of Mercy: Feed the Hungry & Comfort the Afflicted*

**Summary:** Students & Parents will help bake cookies for the Homeless, hear a presentation by Betty & Steve May on the Homeless condition in our community, and then you will assemble Blessing Bags at home (with either purchased or donated items) for the Homeless. These Blessing Bags will be distributed by Betty & Steve May on the days when they distribute meals to the homeless.

### MANDATORY DATE:

- **Thursday, March 26, 2020 (5:30 – 8:00 PM in the Parish Hall):** Cookie Baking and presentation by the Mays on the homeless condition in our community. This will also include everyone pitching in to clean up the kitchen and equipment after the baking. Don't worry – you'll get to sample your work that night! Yum Yum!
- **Thursday, March 26, 2020 (DUE DATE for Blessing Bags):** All Blessing Bags need to be assembled and turned in to Betty & Steve May on March 26<sup>th</sup>. Because of limited storage, we cannot accept the Blessing Bags in the Parish or CFF Office prior to March 26<sup>th</sup>.

**Important:** Betty or Steve May will need to sign the **Service Verification Form** (a copy of this form is attached or can be requested from Mrs. Pott in the Religious Education Office) certifying you turned in your (minimum) 5 completed Blessing Bags.

**Available Spots: No Limit**

**Costs: WILL VARY – Each student is required to purchase supplies (or collect donations) to make at least 5 Blessing Bags.** The cost will depend on how many items you can get donated and what you end up purchasing out of pocket.

#### Hints & Suggestions:

- This is a good time to ask friends and family to make donations to support your service project.
- If you are going to ask friends and family for help, consider increasing the number of Blessing Bags that you make and to make them feel more included, ask them to donate items instead of money (i.e. Donate 5 (or more) deodorant sticks, toothbrushes, or travel size shampoo and conditioners, etc.).
- Your dentist is a great person to ask for donations of toothbrushes, toothpastes, mouth wash, and floss for your Blessing Bags. Hey, it's worth asking!
- Blessing Bags can be put in any recycled bags you have, but if using grocery bags, I suggest using the plastic ones so that they don't rip while being stored before distribution.

### Blessing Bags need to include:

TRAVEL SIZE		AND...	OPTIONAL Items to Include
<ul style="list-style-type: none"><li>• Kleenex</li><li>• Sanitizing Hand Gel</li><li>• Toothbrush</li><li>• Toothpaste</li><li>• Mouthwash</li><li>• Chapstick</li><li>• Hand Lotion</li></ul>	<ul style="list-style-type: none"><li>• Shampoo</li><li>• Conditioner</li><li>• Band-Aids</li></ul> <p>These TRAVEL SIZE Items should all be placed in a Gallon Size Ziploc Bag and then into the Blessing Bag.</p>	<ul style="list-style-type: none"><li>• Pack of NEW Socks and/or Underwear (*)</li><li>• Bottle of Water</li><li>• Snack (with a long shelf life)</li></ul> <p>(*) Place a label on the Blessing Bag indicating SIZE and MALE / FEMALE.</p>	<ul style="list-style-type: none"><li>• Individual Packets of Instant Coffee</li><li>• Small Fast Food Gift Cards</li><li>• Travel Size Wet Wipes</li><li>• Men – shaving cream &amp; razor</li><li>• Women – Feminine Hygiene Products</li><li>• Words of prayer &amp; encouragement.</li></ul>

## STUDENT & PARENT REQUIREMENTS

1. **BOTH Student & Parent** attend the October 24<sup>th</sup> meeting to bake cookies, hear the education presentation, and turn in your completed Blessing Bags.
2. The **STUDENT** will then type/write a 1-2 page Reflection paper about your experience participating in this W.O.M. Service Project AFTER the cookie making, education presentation, and turning in of your Blessing Bags (March 26, 2020).

## W.O.M. Individual Service Project Option # 3

# Sacramento Valley Conservancy – Camp Pollock Pines

*Addresses the Work of Mercy: Care for Creation*

**Summary:** Students & Parents will spend at least 2 Saturdays helping with general maintenance and cleanup projects at Camp Pollock Pines (1501 Northgate Blvd, Sacramento, CA 95815). This could include things like weed eradication, native plantings, native garden and general lawn maintenance, painting, or other general maintenance and cleanup. The twice yearly service project days at Deer Creek Hills are acceptable as well.

**Important:** A Camp Pollock Supervisor will need to sign the **Service Verification Form** (a copy of this form is attached or can be requested from Mrs. Pott in the Religious Education Office) certifying you completed at least 10 (Student) service hours.

**Sacramento Valley Conservancy Website Volunteer Link:**

<http://www.sacramentovalleyconservancy.org/help-volunteer.asp>

### **MANDATORY DATES:**

- **You need to volunteer at least 10 (Student) service hours between October 1, 2019 and March 31, 2020.** YOU will be responsible for contacting Camp Pollock Pines directly (through their website) to make arrangements for dates to volunteer and volunteer assignments.

**Available Spots: NO LIMIT**

**Costs: NONE.**

## **STUDENT & PARENT REQUIREMENTS**

1. **Both Student & Parent** sign up via the website and Email provided above for Camp Pollock Pines to arrange at least 2 Saturdays (minimum 10 service hours) where you will volunteer to do general cleanup and maintenance of the park area.
2. The **STUDENT** will then type/write a 1-2 page Reflection paper about your experience participating in this W.O.M. Service Project **AFTER** your service days are completed at Camp Pollock Pines or Dry Creek Hills.



## W.O.M. Individual Service Project Option # 4

### Front Street Animal Shelter

*Addresses the Work of Mercy: Care for Creation*

**Summary:** Students & Parents will complete the volunteer profile, orientation, and Shelter Basics class, then spend at least 2 Saturdays helping out at the Front Street Animal Shelter (2127 Front Street, Sacramento, CA 95818).

**Important:** A Front Street Animal Shelter Supervisor will need to sign the **Service Verification Form** (a copy of this form is attached or can be requested from Mrs. Pott in the Religious Education Office) certifying you completed at least 10 (Student) service hours.

**Front Street Animal Shelter Volunteer Link:** <https://www.cityofsacramento.org/Community-Development/Animal-Care/Volunteer/Teen-Volunteers>

#### **MANDATORY DATES:**

- **You need to volunteer at least 10 (Student) service hours between October 1, 2019 and March 31, 2020.** YOU will be responsible for contacting the Front Street Animal Shelter directly (through their website) to make arrangements to complete the volunteer profile and orientation classes and for dates to volunteer and volunteer assignments.

**Available Spots: NO LIMIT**

**Costs: NONE.**

#### **STUDENT & PARENT REQUIREMENTS**

1. **Both Student & Parent** sign up via the website provided above for the Front Street Animal Shelter to arrange for the volunteer profile and orientation classes and then complete at least 10 (Student) service hours at the shelter.
2. The **STUDENT** will then type/write a 1-2 page Reflection paper about your experience participating in this W.O.M. Service Project **AFTER** your service days are completed at the Front Street Animal Shelter.

**W.O.M. Individual Service Project Option # 5**  
**Sacramento Food Bank & Family Services**

*Addresses the Work of Mercy: Feed the Hungry & Clothe the Naked*

**Summary:** Students & Parents will complete the volunteer orientation class, then spend at least 2 Saturdays helping out at the Sacramento Food Bank & Family Services (3333 Third Avenue, Sacramento, CA 95817) in either the Food Access Area or the Family Services Area.

**Important:** A Sacramento Food Bank & Family Services Supervisor will need to sign the **Service Verification Form** (a copy of this form is attached or can be requested from Mrs. Pott in the Religious Education Office) certifying you completed at least 10 (Student) service hours.

**Sacramento Food Bank & Family Services Volunteer Link:**

<https://www.sacramentofoodbank.org/orientation-requirements>

**MANDATORY DATES:**

- **You need to volunteer at least 10 (Student) service hours between October 1, 2019 and March 31, 2020.** YOU will be responsible for contacting the Sacramento Food Bank & Family Services directly (through their website) to make arrangements to complete the volunteer orientation class and for dates to volunteer and volunteer assignments.

**Available Spots: NO LIMIT**

**Costs: NONE.**

**STUDENT & PARENT REQUIREMENTS**

1. **Both Student & Parent** sign up via the website provided above for the Sacramento Food Bank & Family Services to arrange for the volunteer orientation class and then complete at least 10 (Student) service hours at either the Food Access Area or the Family Services Area.
2. The **STUDENT** will then type/write a 1-2 page Reflection paper about your experience participating in this W.O.M. Service Project **AFTER** your service days are completed at the Sacramento Food Bank Area.

# W.O.M. Individual Service Project - Verification Form

**Directions:**

1. Print & Complete this Service Verification Form (please use a pen).
2. Submit the Service Verification Form **AND** Reflection Essay to your Confirmation Coordinator **by April 30, 2020**.

Student's Name: \_\_\_\_\_

Confirmation Year 1

Home Phone: \_\_\_\_\_

**MONDAY or THURSDAY** (please circle)

Please describe what you did on this W.O.M. Service Project and the amount of time performing each task.  
Attach additional pages if needed.

DATE	HOURS	BRIEF TASK DESCRIPTION

**Volunteer Service Verification:**

*To be completed by the Volunteer Supervisor.*

I acknowledge that \_\_\_\_\_ (student's name) has completed \_\_\_\_\_ hours of service as listed above.

Organization: \_\_\_\_\_

Supervising Adult's Printed Name: \_\_\_\_\_ Title: \_\_\_\_\_

Supervising Adult's Signature: \_\_\_\_\_

Supervising Adult's Email: \_\_\_\_\_ Phone: \_\_\_\_\_