

W.O.M. Service Project Option #1

Run to Feed the Hungry

Addresses the Corporal Work of Mercy: Feed the Hungry

Summary: Students and Parents will register for the **Run to Feed the Hungry 5K run/walk** as part of the “*Good Shepherd Catholic Church, One Flock, One Family*” on Thanksgiving morning at 9:00 am, to raise awareness about food insecurity in our community & raise money for the Sacramento Food Bank!

Goal: We are *encouraging* each registered participant on the “*Good Shepherd Catholic Church, One Flock, One Family*” Team to set a personal goal of raising at least \$50.00 (hopefully more) from family and friends that will benefit the Sacramento Food Bank.

MANDATORY DATES:

- **Wednesday, October 17, 2018 (7:00 – 8:00 PM in the Fr. Philip Wells Parish Hall):** Sacramento Food Bank / Run to Feed the Hungry Presentation (online registration will be available this night after the talk)
- **Tuesday, November 20, 2018 (6:30 – 7:30 PM in the St. Lucia Classroom):** Distribution of team shirts & running bibs
- **Thursday, November 22, 2018 (Thanksgiving Morning downtown Sacramento):** Run to Feed the Hungry

Available Spots: **NO LIMIT (Registration and Payment is made online.) The Team Registration link is available on the parish website home page.**

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

- Upgraded Run to Feed the Hungry Shirt with personalized Team name of: “*Good Shepherd Catholic Church, 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!***

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, 2018!

STUDENT REQUIREMENTS	PARENT REQUIREMENTS
1. STUDENT registration with the Run to Feed the Hungry “ <i>Good Shepherd Catholic Church, One Flock, One Family</i> ” Team Registration by the October 31st deadline & participate in the 5K Run/Walk on Thanksgiving morning.	1. PARENT registration with the Run to Feed the Hungry “ <i>Good Shepherd Catholic Church, One Flock, One Family</i> ” Team Registration by the October 31st deadline & participate in the 5K Run/Walk on Thanksgiving morning.
2. Attend the Oct. 17 th Sacramento Food Bank Presentation & Nov. 20 th Distribution dates.	2. Attend the Oct. 17 th Sacramento Food Bank Presentation & Nov. 20 th Distribution dates.
3. AFTER Run to Feed the Hungry, type/write a 1 page Reflection paper about your experience participating in this W.O.M. Service Project.	

W.O.M. Service Project Option #2

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 19 (8:00 AM – 12:00 PM at the SVDP building):** Distribution Day @ SVDP (the building across the SEAS parking lot from the church).

Available Spots: 5 Students MAX

Costs: WILL VARY – To keep costs down, we suggest holding a food drive among your family & friends (or in your neighborhood), to secure the items on the list below! Another good idea is a family shopping trip to Target or Walmart to purchase some of the items on the list! It's fun when everyone gets involved! You are not limited on how many or what items you bring – ALL are appreciated!!!

SVDP is asking for the following items on the Thanksgiving Dinner List:

Non-Perishables:

Grocery Store Gift Cards
Canned Sweet Potatoes
Stove Top Stuffing
Bags of Rice
Canned Corn
Canned Green Beans

Non-Perishables:

Canned Pumpkin (for pie)
Canned Cranberry Sauce
Pastas
Gravy Packets
Baby Diapers (any size)
Baby Wipes

Perishables:

Frozen Turkeys
Blocks of Cheese
Celery
Fresh Fruit
Dinner Rolls
Potatoes

STUDENT REQUIREMENTS	PARENT REQUIREMENTS
<ol style="list-style-type: none">1. With family & friends, or by organizing a food drive in your neighborhood, help collect as many items on the list provided above.2. On November 19th, arrive (with your parent) at the SVDP building at 8:00 AM with your donations. You will be helping with set up, making the Thanksgiving Food Bags, 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. AFTER the distribution day on November 19th, type/write a 1 page Reflection paper about your experience participating in this W.O.M. Service Project.	<ol style="list-style-type: none">1. Assist your student with collecting/purchasing as many items on the list provided above. Make sure your student is fully involved in the collecting and/or purchasing – your STUDENT should be taking the lead on this.2. On November 19th, arrive (with your student) at the SVDP building at 8:00 AM with your donations. You will be helping with set up, making the Thanksgiving Food Bags, 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!

W.O.M. 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 4 (maybe 5) families in need this Christmas. Students 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 3/4, 10/11, & 17/18 (after weekend masses in the Narthex):** Students and parents will sign up once each weekend to help sell pies after masses with members of the Knights of Columbus.
- **Tuesday, November 27 (7:00 – 8:30 PM in the St. Maria Goretti Classroom):** 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 "wish list") and will then be responsible for shopping for their assigned family's gifts.
 - At this meeting, you will work with the Knights of Columbus reps to determine where, when, & how the gifts will be wrapped and turned in to the Knights of Columbus for distribution to the recipient families.

Available Spots: 9 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 REQUIREMENTS	PARENT REQUIREMENTS
<ol style="list-style-type: none">1. Sign up and help sell pies after masses once a weekend for 3 weekends: Nov. 3/4, 10/11, & 17/18.2. Attend the Shopping Planning Meeting on November 27th @ 7:00 PM in the St. Maria Goretti (8th 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. AFTER the gifts are wrapped and delivered, type/write a 1 page Reflection paper about your experience participating in this W.O.M. Service Project.	<ol style="list-style-type: none">1. Sign up with your student to help to sell pies after masses once a weekend for 3 weekends: Nov. 3/4, 10/11, & 17/18.2. Attend the Shopping Planning Meeting on November 27th @ 7:00 PM in the St. Maria Goretti (8th Grade) Classroom with your student. Working with the other students and parents, decide when and how your team of students will shop for their assigned family's Christmas gifts. PLEASE make the students shop! This is THEIR service project!

W.O.M. Service Project Option #4

Walk For Life West Coast

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

Summary: Students (and their parent) will join members from GSCC on Saturday, January 26th 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, there 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 26, 2019 (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 to Gary Hickman to reserve your spot by December 15th.

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 REQUIREMENTS	PARENT REQUIREMENTS
<ol style="list-style-type: none">1. Register & attend (with your parent) the Walk for Life West Coast beginning with the 7:30 AM Mass at GSCC.2. AFTER you have participated in Walk For Life West Coast, type/write a 1 page Reflection paper about your experience participating in this W.O.M. Service Project.	<ol style="list-style-type: none">1. Register & attend (with your student) the Walk for Life West Coast beginning with the 7:30 AM Mass at GSCC.

W.O.M. Service Project Option #5

Cancer Chemo Bag Covers

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

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 these chemo bag covers. Instruction in sewing will be provided and we’ll all help each other learn a new skill set while bringing comfort to some very special people. To find out more about “Covered with Joy”, visit their website at www.coveredwithjoy.com and see what a beautiful gift these are for cancer patients.

MANDATORY DATES:

- **Friday, January 11 (7:00 – 9:00 PM in the STJP2 Room):** Meet and greet, outline the plan for the project, assess skill levels, and start providing instructions & preparing materials.
- **Friday, January 18 (7:00 – 9:00 PM in the STJP2 Room):** Project Prep, instruction, and sewing
- **Saturday, January 19 (8:00 – 10:00 AM in the STJP2 Room):** Project Prep, instruction, and sewing
- **Friday, February 8 (7:00 – 9:00 PM in the S.E.A.S. Science Room):** Project Prep, instruction, and sewing
- **Saturday, February 9 (8:00 – 10:00 AM in the S.E.A.S. Science Room):** Project Prep, instruction, and sewing. At this meeting, we will schedule the visit & delivery dates to the hospital(s).
 - **Saturday in February or March (Date TBD - morning/afternoon):** Students & parents will go with our “Covered with Joy” rep to deliver the chemo bag covers to cancer patients at one of the local hospitals. We may split this into 2 groups of students for delivery depending upon schedules.

Available Spots: 10 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

- Sewing Machine
- Iron

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.

STUDENT REQUIREMENTS	PARENT REQUIREMENTS
1. Attend ALL of the Sewing Sessions in January & February.	1. Assist your student getting the items listed above and attend the sewing sessions in January & February.
2. Participate in the Chemo Bag Cover Delivery in March.	2. Participate in the Chemo Bag Cover Delivery in March.
3. AFTER the delivery in March, type/write a 1 page Reflection paper about your experience participating in this W.O.M. Service Project.	

W.O.M. Service Project Option #6

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 & adult) with a blanket & Teddy Bear that comes through their shelter. W.E.A.V.E. encourages gender neutral fleece material for the blankets, but it’s okay if you choose gender specific fleece material.

MANDATORY DATES:

- **Friday, February 15 (6:30 – 7:30 PM in the church):** Presentation about W.E.A.V.E. by one of their Community Educators.
- **Sunday, February 24 (10:00 AM – 2:00 PM in the Fr. Philip Wells Parish Hall):** Blanket Making Party in the Parish Hall. We will be having a Potluck Lunch at our Blanket Making Party! Signups for the Potluck will be sent to you as we get closer to the date.

Available Spots: 50 Students MAX

Costs: WILL VARY (whatever the cost of your polar or no-pill fleece material to make 1 large or 2 small “no-sew” blankets, 2 yards of 2-inch wide cloth ribbon per blanket, and a Teddy Bear per blanket).

USE YOUR COUPONS & LOOK FOR SALES ON FLEECE MATERIAL @ JOANN’S FABRICS.

What YOU will be required to provide on February 24th:

- **IF making 1 Large Blanket (for an older child, teen, or adults):** 2 cuts of fleece materials (your choice of coordinating patterns/colors), each cut of material should be 2.5 yards in length.
- **IF making 2 Small Blankets (for a young child, toddler, or infant):** 4 cuts of fleece materials (your choice of coordinating patterns/colors), each cut of material should be 1.25 yards in length.

PLUS...

- **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).
 - ❖ *JoAnn’s Fabrics also has kits with pre-cut fleece material. If you’d like, you can purchase one (or more) of those. Please check the sizes if purchasing a kit and make sure that they are close to the dimensions above...I.e. one large kit or 2 small kits.*
- **1 Teddy Bear for each blanket you are making.** Teddy Bears can be NEW or GENTLY USED. If donating a gently used Teddy Bear, PLEASE wash and dry it (it does great in the washer & dryer) at home before bringing it with you.
- **1 GOOD pair of FABRIC SCISSORS per student & parent** so everyone can help with cutting and tying the material.
- **Potluck Dish for Lunch!**

STUDENT REQUIREMENTS	PARENT REQUIREMENTS
1. Attend a Presentation by W.E.A.V.E. on February 15 th @ 6:30 PM in the church. 2. Attend the Blanket Making Party & Potluck on February 24 th & provide the items listed above. 3. AFTER the Blanket Making Party on February 24 th , type/write a 1 page Reflection paper about your experience participating in this W.O.M. Service Project.	1. Attend a Presentation by W.E.A.V.E. on February 15 th @ 6:30 PM in the church. 2. Attend the Blanket Making Party & Potluck on February 24 th & provide the items listed above. Come ready to supervise AND help the students as they cut and tie their blankets!

W.O.M. Service Project Option #7:
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 15 (8:00 AM – 12:00 PM at the SVDP building):** Distribution Day @ SVDP (the building across the SEAS parking lot from the church).

Available Spots: 5 Students MAX

Costs: WILL VARY – To keep costs down, we suggest holding a food drive among your family & friends (or in your neighborhood), to secure the items on the list below! Another good idea is a family shopping trip to Target or Walmart to purchase some of the items on the list! It’s fun when everyone gets involved! You are not limited on how many or what items you bring – ALL are appreciated!!!

SVDP is asking for the following items on the Thanksgiving Dinner List:

Non-Perishables:

- Grocery Store Gift Cards
- Canned Sweet Potatoes
- Stove Top Stuffing
- Bags of Rice
- Canned Corn
- Canned Green Beans

Non-Perishables:

- Canned Pie Filling
- Canned Cranberry Sauce
- Pastas
- Gravy Packets
- Baby Diapers (any size)
- Baby Wipes

Perishables:

- Spiral Ham
- Blocks of Cheese
- Celery
- Fresh Fruit
- Dinner Rolls
- Potatoes
- Frozen Pie Crusts

STUDENT REQUIREMENTS	PARENT REQUIREMENTS
<ol style="list-style-type: none"> 1. With family & friends, or by organizing a food drive in your neighborhood, help collect as many items on the list provided above. 2. On April 15th, arrive (with your parent) at the SVDP building at 8:00 AM with your donations. You will be helping with set up, making the Thanksgiving Food Bags, Distributing the Food Bags, carrying items to the recipients’ cars, and final cleanup. BRING GLOVES! Handing out the hams & turkeys can be a REALLY COLD JOB for your hands! 3. AFTER the distribution day on April 15th, type/write a 1 page Reflection paper about your experience participating in this W.O.M. Service Project. 	<ol style="list-style-type: none"> 2. Assist your student with collecting/purchasing as many items on the list provided above. Make sure your student is fully involved in the collecting and/or purchasing – your STUDENT should be taking the lead on this. 2. On April 15th, arrive (with your student) at the SVDP building at 8:00 AM with your donations. You will be helping with set up, making the Thanksgiving Food Bags, Distributing the Food Bags, carrying items to the recipients’ cars, and final cleanup. BRING GLOVES! Handing out the hams & turkeys can be a REALLY COLD JOB for your hands!

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

Sacramento Valley Conservancy – Camp Pollock Pines

Addresses the Work of Mercy: Care for Creation

Summary: Students will spend at least 2 Saturdays (or minimum 10 hours) 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.

Sacramento Valley Conservancy Website for signups:

https://www.google.com/search?q=sacramento+valley+conservancy&rlz=1C1WPZB_enUS760US761&oq=sacramento+vall&aqs=chrome.69i59j0l5.2913j0j4&sourceid=chrome&ie=UTF-8

MANDATORY DATES:

- **You need to volunteer 2 Saturdays between November 1, 2018 and April 1, 2019 for a TOTAL OF 10 (or more) SERVICE HOURS.** You will need to contact Camp Pollock Pines directly at camppollock@sacramentovalleyconservancy.org to make arrangements for dates to volunteer and volunteer assignments.

Available Spots: NO LIMIT

Costs: NONE.

STUDENT REQUIREMENTS	PARENT REQUIREMENTS
<ol style="list-style-type: none">1. Use the website and Email provided above to contact Camp Pollock Pines to arrange at least 2 Saturdays where you will provide at least 10 hours of service doing general cleanup and maintenance of the park area.2. AFTER your service days at Camp Pollock Pines are completed, type/write a 1 page Reflection paper about your experience participating in this W.O.M. Service Project.	<ol style="list-style-type: none">1. Sign up to volunteer alongside your student and provide transportation to/from Camp Pollock Pines & supervision on your student's days of service.