

# Service Hours

- a. Each student is required to perform a total of thirty (30) service hours.
- b. Students should complete a minimum of 15 hours and submit a copy of the service hour log to the RE office by **May 21, 2017** (the original will be returned to you if you do not have all 30 hours completed).
- c. Any remaining hours must be completed by **October 1, 2017**.
- d. Service hour spot checks will be conducted on December 11, 2016 and March 12, 2017.
  - ⇒ **RE students** should bring their service hour logs to class on these days so we can check their progress.
  - ⇒ **Homeschooled students** may scan and email them to us at [reoffice@swoycc.org](mailto:reoffice@swoycc.org).
  - ⇒ **SWOY school students** can give a copy to their religion teacher who will pass them to the RE office or scan and email to [reoffice@swoycc.org](mailto:reoffice@swoycc.org).

Service hours are intended to form the student through opportunities to perform the corporal and spiritual works of mercy. Our Lord, Jesus Christ, spent his life serving others. If we are to be a true follower of Christ, we must be willing to serve others and expect nothing in return.

Please refer to the Service Hour Log for specific details on what is acceptable, but here is a brief set of guidelines to follow:

- ⇒ chores or activities for which payment is received **WILL NOT BE COUNTED** toward the 30 hour total
- ⇒ any service performed for family members also is not accepted because it is our duty to support our family and pitch in when needed
- ⇒ rule of thumb is **MAXIMUM** of 5 HOURS per type of activity

*Exceptions to the 5-hour limit:* family pilgrimage up to 8 hours; morning help in RE office up to 10.5 hours; Sunday morning breakfast **LIMIT of 2** breakfasts over the course of the two-year Confirmation program for up to 12 hours; Fall Festival = total hours worked; Vacation Bible School = total hours worked (usually around 15 hours)

The list on the following pages, although not all-inclusive, provides some suggestions for service hour opportunities. We also use an email sign up system for events. Please make sure we have a good email for you if you wish to be included in this notification system. We will post the link on the webpage, too.

# Suggestions for Service Projects/Activities

## Corporal Works of Mercy Activities:

### **Marion Manor Nursing Home** (near the Stafford Hospital)

- Visit with the residents at Marian manor (read to them, pray with them, play cards or checkers with them, make birthday cards for them)
- Contact info: 177 Old Potomac Church Rd. Stafford, VA 22555; 540-659-6375

### **St. William of York Outreach** (little white building on left behind school)

- Volunteer at the thrift shop on the first Saturday of the month from 10:00 AM until 1:00 PM. Closed when a holiday falls on that weekend. *See bulletin*
- Limit of 4 students each day. **Must sign up in advance**; drop-in volunteers may be turned away at the discretion of the shop personnel
- Boy Scouts “Scouting for Food” on November 12<sup>th</sup> (6 volunteers)
- Open Mondays and Wed-Fri from 10:00 AM – 1:00 PM if available on weekdays or during the summer
- Come prepared to work and leave phones on silent; shop personnel have been known to refuse to give credit if you have not been productive!!!
- Contact info: email Connie Gordon at [constance.gordon@comcast.net](mailto:constance.gordon@comcast.net)

### **Lenten Soup Kitchen**

- Fridays during the Lenten season, parish groups provide meatless meals in the parish center from 5:00 PM – 6:15 PM prior to the Stations of the Cross. *Note: each week a different parish group sponsors the meal. We only sign up students for the RE sponsored soup supper, but you may contact any of the other groups if you are interested in helping at a different one. See Bulletin*
- **The RE sponsored Soup Supper will be March 3, 2017 . . .** the first Friday after Ash Wednesday. A sign up genius will go out to volunteer both for donations (soup, breads, sandwiches) and to help serve the meal, set up and clean up. *NOTE: RE students have first dibs on helping at this event because St. William of York School sponsors their own soup supper which the SWOY students can assist at and so do the Home School families.*

### **International Fall Festival** – our annual parish fundraising event

- Takes place in early September, usually the Sunday after Labor Day. LOTS of volunteers are needed before, during and after the festival. Consult the bulletin for contact information beginning in July

## **Assisting with the receptions after sacraments**

- 1. Confirmation - November 12, 2016**
- 2. First Communion - May 13, 2017**

Usually involves two Masses for each of these sacraments. Therefore, two reception shifts are set up. A sign up will go out about one month prior to the date of the sacrament. Usually 2.5 hours per shift. Unless we are short helpers, we prefer you only sign up for one shift so more students can earn hours. We also need two parent volunteers to assist with the receptions as at least 2 of the 3 office personnel are in the church during the Masses.

## **Spiritual Works of Mercy**

### **Holy Hour Vigil (Eucharistic Adoration/Benediction)**

- Every First Friday of the month spend some time in prayer before the Blessed Sacrament exposed in the monstrance on the altar
- After the 9:00 AM Mass until the 6:30 PM Mass; then again after Mass until 9:00 PM closing with Benediction
- Recommend spending an hour, but any time spent before the Blessed Sacrament in prayer is time well spent! *Note: St. William of York school students who attend during the school day with their class should have their teacher sign off on the time spent on each First Friday; parents of home school students and RE students can sign for their child's time*

### **Go on a pilgrimage with your family**

- The family of each student is encouraged to make a Confirmation Pilgrimage/Retreat to the Basilica of the National Shrine of the Immaculate Conception in Washington D.C. While at the Shrine, the family should take a tour, attend Mass, and students should also go to Confession.
- Upon returning, **the student should prepare a short report (no more than one page) on their pilgrimage experience.** The pilgrimage counts for **up to eight (8)** service hours.
  - What to include in the report: the date you went, who you went with, how many hours were you at the shrine (then include 1 hour travel time to AND from the shrine for a total of 2 hours), did you have a guided tour or tour by yourself, did you attend Mass (in the Crypt church at noon or upper church), did you go to confession, which part of the shrine was your favorite and why, something new you learned. Please feel free to include pictures if you took any of yourself there
- Students and their families may select other locations as well (such as the shrine of St. Elizabeth Ann Seton in Emmitsburg, MD).

## **Tutor a peer or younger student (Instruct the Ignorant)**

- Assist Catechists during RE classes on Sunday mornings
- Tutor at the library or in school with younger students

## **Pro-life Activities**

- Pro-Life Mass and Prayer at an area abortion clinic with the Bishop
- Attend the March for Life in January – consult bulletin for more information
- Get involved with the parish pro-life group
- Participate in the Life Chain on Respect Life Sunday (October 4, 2:00 – 3:30 PM in front of church)
- Contact the American Life League for possible service opportunities

## **Church related organizations**

- Altar serving – up to 5 hours of regular serving; unlimited for unscheduled and substitute serving (weddings and funerals only if not paid) Contact Gracie Buckner at [bucknerfamily1@gmail.com](mailto:bucknerfamily1@gmail.com) for information on becoming an altar server
- Ushering at Mass – Contact Mr. Mario Toigo at [mjtoigo@comcast.net](mailto:mjtoigo@comcast.net) if you would like to assist with this ministry *NOTE: There is a dress code for ushering and you will be expected to commit to helping throughout the school year at least once a month; the goal is for the student to see the various ways he can contribute to parish life through active participation at Mass –not solely as a means to earn a few service hours*
- Legion of Mary
- Knights of Columbus – KOVAR Tootsie Roll Drives, Brent Cemetery clean up, parish grounds clean up
- Sunday morning breakfasts (help set up, serve, clean up)
- Learn to make rosaries with the Rosary Makers group (meets on Tuesday mornings in the Brent Room)
- Girls can join FIAT – see Mrs. Nicely for more information