



Corporal Works of Mercy

Suggested Works of Mercy for Children & Teens**

Christ has no body now on earth but yours; no hands but yours; no feet but yours. Yours are the eyes through which the compassion of Christ must look out on the world. Yours are the feet with which He is to go about doing good. Yours are the hands with which He is to bless His people.

– St. Teresa of Avila

The **Corporal Works of Mercy** are Christ-like acts of service that help our neighbors with their everyday *material and physical needs*.

1. Feed the Hungry

- Support and volunteer at local food pantries and/or soup kitchens.
- Make sandwiches to hand out to the homeless in your city/town or a nearby city/ town.
- Educate yourself and others about world hunger.
- Host a canned food drive at your school/parish.
- Avoid wasting food.
- Organize a “Food Fast” at your parish/school to raise awareness and financial support for a local soup kitchen or food pantry.
- Prepare and deliver a meal to someone in your community who may be a caretaker for a sick/elderly relative. Having a hot meal that the caretaker doesn’t have to prepare is a great help and a sign of love and support.
- Start a community garden and donate homegrown food to local food pantries.
- Pray for those less fortunate.
- Color/decorate “placemats” for clients at your local soup kitchen.
- [Your suggestion:_____]

2. Give Drink to the Thirsty

- Deliver water bottles to the homeless.
- Offer cold water to someone working outside in the heat (ie: police officer, landscaper, roofer, etc.).
- Volunteer at a water stop at a charity walk/race.
- Pray for those less fortunate.
- Pay it Forward by buying a drink for the person behind you in line.
- [Your suggestion:_____]

3. Shelter the Homeless

- Support and volunteer at a homeless shelter and/or organizations that care for the homeless.
- Volunteer with groups to help build and/or repair homes for those in low income areas or who have experienced damage due to natural disasters.
- Help your elderly/disabled neighbors with home repairs/care for their property.
- Pray for the homeless.
- Support a family who is fostering and/or adopting a child-offer to babysit or tutor the child for free.
- [Your suggestion:_____]

**[Many of these actions can be carried out by adults as well!]



4. **Clothe the Naked**

- Donate your slightly worn clothes and shoes, especially winter outerwear.
- Host or volunteer to help with a clothing drive.
- Host a parish/school baby shower for pregnant Mothers in need.
- Support your parish's St. Vincent de Paul Society that offers assistance to those in need.
- Collect new/cotton/warm socks for the homeless.
- Knit, sew or crochet baby blankets or hats/scarves/gloves for those in need.
- Host a dress down/up day in your school for \$1./person and use the money to buy much needed clothing for those in need.
- Pray for those in need.
- [Your suggestion:_____]

5. **Visit the Sick**

- Spend quality time with those who are sick/disabled/homebound.
- Call and/or write a letter or card to the sick or homebound.
- Send or bring flowers to a sick/homebound person to brighten their day.
- Volunteer to drive or sit with patients at medical appointments or treatments.
- Volunteer at a hospital, nursing home, or hospice.
- Assist the caregivers of those who are sick (egs. cook a meal, visit, offer to run errands or to visit with the sick person to give the caregiver some free time).
- Be trained as a Eucharistic Minister who brings the Eucharist to the homebound who aren't able to attend Mass.
- Pray for the sick.
- Share your talents with the homebound/sick (ie: play a musical instrument, sing, offer to decorate their room with your artwork, read to them, tell them jokes, knit/ crochet with or for them, etc.).
- [Your suggestion:_____]

6. **Visit the Imprisoned**

- Offer to assist with Mass or a Bible Study at a local prison.
- Donate Bibles or spiritual reading to those imprisoned.
- Send a card or letter to someone in prison.
- Mentor a younger teen at a correctional facility.
- Support or participate in ministries to those incarcerated.
- Support pro life efforts that seek to abolish the death penalty.
- Pray for the imprisoned and their families.
- [Your suggestion:_____]

7. **Bury the Dead**

- Attend wakes & funerals to support a friend/family member.
- Visit, befriend, and offer to help a widow/widower.
- Send Mass cards to families of those who have died.
- Take friends/relatives to visit the cemetery.
- Pray for those who have died, especially the souls in purgatory and those who have no one to pray for them.
- Make a meal for a funeral reception.
- Send flowers to the family or friend of someone who has died.
- [Your suggestion:_____]

[Please check St. Mary's weekly bulletin for other ways to live the Corporal Works of Mercy in our community throughout the year (e.g., a local clothing drive). In June, we will have a bulletin insert covering the Spiritual Works of Mercy.]

