

Diocesan Week of Service

Personal Project Planning Guide

Let's Prepare

- Ask family, friends and/or neighbors if they, or someone they know, might need assistance or simply a visit.
- Let us know about the project you are organizing by signing up on our website, dioceseofcleveland.org/weekofservice.
- Plan time to reflect after your service experience through small group discussion, a family meal with conversation, an Examen or prayerful journaling.



Let's Pray

Before the Service Project

- Begin with prayer. Think about how Jesus is present in the people who you will meet and discuss with your family or volunteer group.

Let's "Go Forth"

Nonprofit Support

- Initiate a beautification project in a Catholic cemetery or parish cemetery. Pray for the living and the dead.
- Partner with local Ronald McDonald House Charities or other agencies working with sick children and their families.
- Work with local nursing or assisted living residence activities departments to play bingo or provide a manicure day for residents.
- Donate or raise money for your favorite charity.

Helping the People

- Make peanut butter and jelly sandwiches for the hungry.
- Go for a walk with a senior citizen in your community.
- Deliver meals to homebound individuals of the parish.
- Bake bread and deliver it to the hungry, homeless or just your neighbors.
- Prepare a home-cooked meal for residents of a nearby homeless shelter or food kitchen.
- Explore history by interviewing a nursing home resident, assisted living resident or elderly family member or neighbor about how they grew up.
- Check on either a younger student or an elderly person after school.

Material Collection

- Make care packages with socks, T shirts, snacks, etc. or donate art supplies for a child at a homeless shelter.
- Consider collecting religious children's books for library boxes in neighborhoods near your parish or school.
- Conduct a canned goods drive and donate the items to a local food bank, St. Vincent de Paul Society or parish food pantry.
- Make and donate cookies for hospice.
- Collect toiletries and supplies for Catholic Charities Migration and Refugee Services.
- Collect old stuffed animals and dolls, clean, repair and donate them to ministries that assist children.

Community Events

- Hold an afternoon dance for your local nursing home.
- Get a group together to sing or present a play at a nursing home.
- Plan and/or conduct an Easter Egg Hunt for needy children in the community.
- Host a Baby Shower for a pregnancy center or home for mothers.

Environmental Care

- Make and place bird feeders for public places.
- Plant or present flowers to the parents for each baby born or baptized in your parish community.

Let's Give Thanks

Following the Service Experience

- Pray for the people who received the good work.
- Take time to reflect and discuss your service experience.
- Review the Examen offered below and/or the sample reflection guide for a prompt.

Examen

- Find a quiet place and just be still.
- Consider one moment of gratitude for the day.
- Review the day. What actually happened?
- Pray with Jesus about this experience now and ask him for anything you may need, express gratitude or simply rest with him after a long day.
- Ask yourself how this might change you now. What firm purpose of resolution might there be for your future? How will your lived faith be different?
- End your prayer with the Our Father. Then lead into the journaling exercise.

Share your *Week of Service*
photos and reflections!
#LoveInActionCLE



Catholic Diocese
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