

# CORPORAL WORKS OF MERCY

## FEED THE HUNGRY

*“For I was hungry and you gave me food.” – Matthew 25:35*

There are many people in this world who go without food. When so much of our food goes to waste, consider how good stewardship practices of your own food habits can benefit others who do not have those same resources.

- support and volunteer for food pantries, soup kitchens, and agencies that feed the hungry;
- organize a food drive at your parish, school or with family and friends
- make lunch or dinner for someone in need such as an elderly neighbor or relative

## GIVE DRINK TO THE THIRSTY

*“I was thirsty and you gave me drink” – Matthew 25:35*

Many of our brothers and sisters in Christ do not have access to clean water and suffer from the lack of this basic necessity. We should support the efforts of those working towards greater accessibility of this essential resource.

- Organize a water bottle drive
- Research organizations that help people who don't have clean water to drink and find out how you can help
- Offer water to visitors in your home, especially guests, friends, mail carrier, garbage workers, etc.

## CLOTHE THE NAKED

*“(I was) naked and you clothed me” – Matthew 25:36*

- Donate clothing or hygiene items to your local shelter
- Go through your drawers and closets and find good-condition clothes and shoes to donate to agencies that provide assistance to those in need
- Participate in programs that provide towels and linens for hospitals in distressed areas
- Volunteer to work at a clothing drive or at a shelter where clothing is distributed to those in need

## SHELTER THE HOMELESS

*“(I was) a stranger and you welcomed me” – Matthew 25:35*

There are many circumstances that could lead to someone becoming a person without a home. Christ encourages us to go out and meet those without homes, affirming their worth and helping them seek a resolution to the challenges they face.

- Assist a charity or organization like Room in the Inn or St. Mary's soup kitchen, Room in the Inn, Dorothy Day House or Catholic Charities that serve those in need
- Collect or make blankets for children that live in shelters
- Help neighbors care for their homes and do repairs

## **VISIT THE SICK**

*“(I was) ill and you cared for me” – Matthew 25:36*

- Volunteer at Ave Maria or other nursing homes or hospital
- Send cards, games and books to a nursing home
- Spend time with family or friends who struggle with depression or another mental or physical disability
- Cook and deliver meals to the sick and homebound
- Take time to call, send a card or email to someone who is sick

## **VISIT THE IMPRISONED**

*“(I was) in prison and you visited me” – Matthew 25:36*

- Support and/or participate in ministries to those who are incarcerated
- Support programs that provide holiday gifts for prisoners and their families
- Pray for the families of inmates
- Support efforts that seek abolition of the death penalty
- Make cards and notes of encouragement and hope for inmates
- Reach out to someone who is socially isolated, befriend someone who has been judged or out casted for past actions

## **BURY THE DEAD**

*“If I saw one of my people who had died and been thrown outside the walls of Nineveh, I would bury him” – Tobit 1:16*

- Attend or volunteer as an altar server or musician at a funeral at your parish
- Write condolence cards for families of the deceased at your parish
- Visit a cemetery and pray for the eternal rest of souls
- Spend time with widowed grandparents or family members and friends who have lost someone
- Offer daily prayers for those with terminal illnesses and for those who have died