



Serve One Another

Practical Suggestions for Practicing the Corporal Works of Mercy

Salt + Light Media; by Joe Paprocki, DMin

The Corporal Works of Mercy are kind acts by which we help our neighbors with their everyday material and physical needs.

March 9: Feed the Hungry

- see to the proper nutrition of your loved ones
- support and volunteer for food pantries, soup kitchens, and agencies that feed the hungry
- make a few sandwiches to hand out as you walk through areas where you might encounter people in need
- educate yourself about world hunger
- avoid wasting food
- share your meals with others

March 16: Shelter the Homeless

- help neighbors care for their homes and do repairs
- support and/or volunteer at a homeless shelter
- support and/or volunteer for charitable agencies who care for the homeless, build homes, and provide support in the wake of natural disasters
- advocate for public policies and legislation that provide housing for low-income people
- consider becoming a foster parent

March 23: Clothe the Naked

- go through your drawers and closets and find good-condition clothes and shoes to donate to agencies that provide assistance for 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
- support the work of the St. Vincent de Paul Society

March 30: Visit the Sick

- spend quality time with those who are sick or homebound
- take the time to call, send a card or an email to someone who is sick
- volunteer to drive patients to medical appointments and treatment facilities
- volunteer at a hospital
- assist those who are full-time caregivers for family members
- cook and deliver meals to the sick and homebound

April 6: Visit the Imprisoned

- support and/or participate in ministries to those who are incarcerated
- support programs sponsored by agencies that advocate on behalf of those who are unjustly imprisoned
- support job-training and educational programs designed to rehabilitate prisoners
- pray for the families of inmates
- support programs that provide holiday gifts for prisoners and their families
- support efforts that seek the abolition of the death penalty

April 13: Bury the Dead

- be faithful about attending wakes/visitation
- support or volunteer at a hospice
- participate in a bereavement ministry
- spend time with widows and widowers
- take friends and relatives to visit the cemetery
- support ministries that offer free Christian burials to those unable to afford one
- offer daily prayers for those with terminal illnesses and for those who have died
- send Mass cards to families of those who have died

**Join us for a special screening of the documentary
“No Way to Live: Rummaging Through Connecticut’s Homeless Mess for Answers”**

Thursday, March 13th, 6:30-8:30 PM

**Hartford Re-Entry Welcome Center Backpack Collection
Sundays, April 6 & 13**