

Service Experiences 2023-24
Holy Trinity Parish

Jesus said: “Whenever you did this for one of the least important of these brothers and sisters of mine, you did it for me!” (Matthew 24:40)

How do you put your faith into practice? How often do you go out of your way to help others? As you mature in your faith, there are many possibilities for service that can help you develop an attitude of openness to being led by the Spirit. Serving others is one way to follow Jesus and witness to our faith.

Directions:

- **Choose 3 service projects to experience (that you do not get paid for) in your Church, School, Community, or Family.** Instead of concentrating on how many service hours you do, concentrate on choosing three enriching, high-quality service EXPERIENCES you can reflect on afterward.
- **You will submit 3 written reflection papers to your teacher that are single-spaced, using #12 font.**
- **Write at least one full page on each of your three different Service Experiences.**
- **On each page, type your name and Title your paper with the Experience you chose,** such as, Comforting the Sick, Volunteering at the Food Pantry, or Altar Serving at a Funeral Mass.
- **Write at least one paragraph for EACH of the 4 parts below:** (These are prompts to think about. Reflect and write freely about the experience. You are not limited to just these questions)
 1. Tell what Service Experience you chose to do. Give details about what kinds of things you did and how long it lasted. Where did you do this? Who did you do this for and who else were you with? Why did you choose this Service Experience? Which category of service experience does this fulfil—Church, School, Community, or Family?
 2. Describe what the experience was like for you. How did it make you feel? Did it bring joy, sadness, empathy, discomfort, etc.? Was it challenging or easy for you to do? What did you like most/least? What are some things you noticed and observed during the experience?
 3. In what ways did this Service Experience strengthen you spiritually and help you be a witness to your faith? Where did you see God working in this experience? How did this Service Experience make you more aware of the presence of God in others and in yourself?
 4. What have you learned about yourself, about others, about God by doing this service? Overall, how would you summarize this experience and what can you conclude from it?

May God bless you in all of your efforts and all those whom you serve.

Examples of Service EXPERIENCES:

- + Perform volunteer work in a hospital or animal shelter
- + Offer to babysit some young children for free, so the parents can have a night out
- + Visit residents at a retirement or nursing home, play bingo with them, deliver greeting cards
- + Help with landscaping cleanup, mulching, or planting in your community, parish, or school grounds
- + Read to small children or to someone who is blind
- + Be an altar server at a funeral Mass
- + Participate in a charity/fundraising event or fun run/walk/bike ride to benefit someone in need (like St. Vincent DePaul Walk for the Poor or Holiday Hilltop)
- + Assist an elderly or disabled neighbor, relative, or other person with their needs or chores
- + Spend time standing in the Pro-Life Chain (1st Sun in Oct.) or during 40 Days for Life
- + Work as an aide to a teacher, faculty or staff member at school or at the parish office
- + Assist with the children at Vacation Bible School or a Summer Camp over the summer, or an After-School Childcare Program during the school year.
- + Help decorate the church or school for any special holidays or events
- + Participate in a Youth Group Service Work, like tie-blankets for babies or a Mission Trip
- + Help at a food pantry or a Summer Sack Lunch Program
- + Help with the Parish Picnic at a booth or activity, or at set up/clean up
- + Work at the Parish Fish Fry or other Fundraiser or Food Service, including Santa’s Breakfast