

Name of Candidate: _____

St. Ambrose Catholic Church
20 Hours performing Works of Mercy for Confirmation

10 Hours must be completed at St. Ambrose Church
The other 10 hours may be at St. Ambrose or at a place that has been preapproved.
Please note, service with animals is beautiful, but this project focuses on service to people.

Please list all your discipleship hours below **as you complete the hours.**
Have the supervisor of the event sign your form **at that time.**

Date of Service	Name of Organization AND Description of service performed	Number of Hours	Signature of Service Recipient

I verify that I have performed the above projects _____
Signature of Candidate (required)

My child discussed the above projects with me _____
Signature of Parent (required)

OPPORTUNITIES TO SERVE

St. Ambrose Catholic Church ~ stambroseva.org

Lenten Soup Suppers, Weekend WorkCamp, Kolbe's Kids, as well as many other opportunities are offered throughout the year. Watch the bulletin and your email for opportunities!

Arlington Diocese Catholic Charities ~ ccda.net

Christ House ~ ccda.net/volunteer.php; 131 S West Street Alexandria, VA 22314

They have a thrift store and food pantry and often need help.

St. Martin de Porres Senior Services ~ ccda.net/programs_elderly.php; 4650 Taney Ave Alexandria, VA 22304

Fairfax FISH (For Immediate Sympathetic Help) ~ fairfaxfish.org

Homestretch Shelter ~ homestretch-inc.org; 370 South Washington Street, Suite 400 Falls Church, VA 22046

Little Sisters of the Poor ~ littlesistersofthepoorwashingtondc.org/volunteer; 4200 Harewood Rd NE Washington, DC 20017; 202-635-2054

Food for Others ~ foodforothers.org; 2938 Prosperity Avenue Fairfax, VA 22031; 703-207-9173

Ronald McDonald House for Northern Virginia ~ rmhc.greaterdc.org

Lift Me Up Therapeutic Riding ~ liftmeup.org/volunteer-program

Habitat for Humanity of Northern Virginia ~ habitatnova.org; 4451 First Place South Arlington, VA 22204; 703-521-9890

Lamb Center ~ thelambcenter.org; 3160 Campbell Dr Fairfax, VA 22031; 703-691-3178

FACETS (Fairfax Area Christian Emergency and Transitional Services) ~ facetscares.org; 10640 Page Avenue, Suite 300 Fairfax, VA 22030; 703-352-5090

HOPE ~ hopeinnova.org; 610 Park Avenue Falls Church, Virginia 22046; 703-536-2020

Martha's Table ~ marthastable.org; 2114 14th Street NW Washington, DC 20009

Our Daily Bread Fairfax ~ odbfairfax.org

Volunteer Fairfax ~ volunteerfairfax.org

VolunteerMatch ~ volunteermatch.org; support@volunteermatch.org; 415-241-6872

**Opportunities not on this list must be pre-approved
by the Director of Religious Education.**

Therese Ryan ~ 703-280-1122 ~ tryan@stambroseva.org

Works of Mercy Reflection Guidelines

“The Works of Mercy are charitable actions by which we come to the aid of our neighbor in his spiritual and bodily needs. Instructing, advising, consoling, comforting are spiritual works of mercy, as are forgiving, and bearing wrongs patiently. The corporal works of mercy consist especially in feeding the hungry, sheltering the homeless, clothing the naked, visiting the sick and imprisoned, and burying the dead.”

- Catechism of the Catholic Church, paragraph 2447

20 Works of Mercy Hours are Required

10 of the hours MUST be done at St. Ambrose through any of the ministries. An additional 10 hours may also be through our church or you may choose from the opportunities listed on the Opportunities to Serve sheet.

If you have questions or have other service projects in mind you would like to do, please contact Nicole Filipowski, Director of Religious Education, for approval at nfilipowski@stambroseva.org.

Babysitting or other service within your family that would normally be expected does not qualify.

- Choose a project outside of your comfort zone
- Ask your friends, siblings, sponsor, parents and family to join you
- Use this opportunity to grow as a human person
- Take ownership! Don't have your parents make the calls or do the legwork for you!
- Make service a permanent aspect of your life.

Reflection Essay on Works Performed

The essay must be at least five well thought out and written paragraphs.

Questions to help write the Reflection Essay

- Why did I choose the organizations I served?
- What interested me about them? Will I continue to serve them?
- What did I find most fun?
- What did I find most challenging?
- How many different kinds of works did I choose?
- What did I learn about the world?
- What did I learn about myself?
- How was I able to demonstrate the love of Jesus to others?