Students of Service
Becoming servant leaders in our local community
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“Love begins at home, and it is not how much we do, but how much love we put in the action that we do. [...] I want you to find the poor here, right in your own home first. And begin love there.”
-Mother Teresa, 1979
Why do we serve?

A reflection on service

Before we go out and serve, it's important that we take time to ask ourselves some important questions.

What motivates our service? What are our goals?

Which core values of ours are we living out?

Who do we want to serve?

What community need do we seek to address?

What are our perceptions and beliefs about the population we will be serving?

When facing the uncomfortable, how will we keep ourselves grounded?

What do we hope to gain from this experience?

Inspiration

“People say, what is the sense of our small effort? They cannot see that we must lay one brick at a time, take one step at a time. A pebble cast into a pond causes ripples that spread in all directions. Each one of our thoughts, words and deeds is like that. No one has a right to sit down and feel hopeless. There is too much work to do.”

— Dorothy Day
Motivation

Those who are more influential because they have greater share of goods and common services should feel responsible for the weaker and be ready to share with them all they possess... the church feels called to take her stand beside the poor, to discern the justice of their requests and to help satisfy them, without losing sight of the good of groups in the context of the common good.
— Pope John Paul II, *Solicitudo Rei Socialis* (1987), paragraph 39

‘Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.’
Matthew 25:40

A consistent theme of Catholic Social Teaching is the option or love of preference for the poor. Today, this preference has to be expressed in worldwide dimensions, embracing the immense numbers of the hungry, the needy, the homeless, those without medical care, and those without hope.
— Pope John Paul II, *Solicitudo Rei Socialis* (1987), paragraph 42

“Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible.”
- St. Francis of Assisi
PRINCIPLES OF CATHOLIC SOCIAL TEACHING

SACREDNESS AND DIGNITY OF THE HUMAN PERSON
Created in the image and likeness of God, all human life is sacred and possesses a dignity that comes directly from our Creator and not from any action of our own.

RIGHTS AND RESPONSIBILITIES
Every person has basic rights and responsibilities that flow from our human dignity and belong to us regardless of any social, economic, racial, political or societal structures. The rights are numerous and include those things that make life truly human. Corresponding to our rights are duties and responsibilities to respect the rights of others and to work for the common good of all.

SOCIAL NATURE OF HUMANITY
All of us are social by nature and are called to live in community with others – our full potential isn’t realized in solitude, but in community with others. How we organize our families, societies and communities directly affects human dignity and our ability to achieve our full human potential.

THE COMMON GOOD
In order for all of us to have an opportunity to grow and develop fully, a certain social fabric must exist within society. This is the common good. Numerous social conditions—economic, political, material and cultural—impact our ability to realize our human dignity and reach our full potential.

SOLIDARITY AND SUBSIDIARITY
We are all part of one human family—whatever our national, racial, religious, economic or ideological differences—and in an increasingly interconnected world, loving our neighbor has global dimensions.

People in positions of authority or those without first-hand experience of a particular social issue should defer to those who are closer to a problem or have a better understanding of an issue. We should seek to learn from those with direct experience with various social conditions and allow them to lead us.

PREFERENTIAL OPTION FOR THE POOR
In every economic, political and social decision, a weighted concern must be given to the needs of the poorest and most vulnerable. When we do this we strengthen the entire community, because the powerlessness of any member wounds the rest of society.

CARE FOR CREATION
The integrity and beauty of God’s handiwork requires careful stewardship of all our resources, ensuring that we use and distribute them justly and equitably—as well as preserving our common home for future generations.
<table>
<thead>
<tr>
<th>Corporal Works of Mercy</th>
<th>Spiritual Works of Mercy</th>
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<tbody>
<tr>
<td>To feed the hungry.</td>
<td>Instruct</td>
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<tr>
<td>To give water to the thirsty.</td>
<td>Advise</td>
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<tr>
<td>To clothe the naked.</td>
<td>Console</td>
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<tr>
<td>To shelter the homeless.</td>
<td>Comfort</td>
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<tr>
<td>To visit the sick.</td>
<td>Forgive</td>
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<tr>
<td>To bury the dead.</td>
<td>Prayer</td>
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<tr>
<td>To visit the imprisoned, or ransom the captive.</td>
<td>Bear wrongs patiently</td>
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In a world which, unfortunately, has been damaged by the virus of indifference, the works of mercy are the best antidote. In fact, they educate us to be attentive to the most basic needs of “the least of these my brethren” (Mt 25:40), in whom Jesus is present. Jesus is always present there. Where there is need, there is someone who has need, be it material or spiritual. Jesus is there. Recognizing his face in those who are in need is one way to really confront indifference.

-Pope Francis

(10/12/16, General Audience)
Ways to Get Involved

**Feed**
- St. Maria's Meals
- Cup of Joe
- Food Drives
- Sandwich Brigade
- Mobile Response Vehicle

**Clothe**
- Coat Drive
- Care packs for unaccompanied minors, new mothers, and returning citizens
- Organize donations at our shelters

**Shelter**
- Community Restoration
- Beautify and decorate our shelters for the holidays

**Visit**
- Game Nights at our shelters
- Build community with our clients at Community Options
- Christmas caroling for our clients
Game Nights

Visit, socialize, and comfort

We all deserve to have some fun!

In their search for housing, many of the guests at our shelters are deprived of the time to kick back and relax while playing a game. By hosting a game night, students and their parents can provide a safe and friendly environment to our guests where they can enjoy a game of bingo and win prizes. These Game Nights foster community between our guests and demonstrate a genuine concern for the whole person when we address their need to recreate as a community.

What can we do?

Gather a group of students and parents to set up a game night once a month. Designate a group leader that will coordinate with Josh Utter.

Where can this happen?

At any of our shelters for men and women.

Also, check out our volunteer calendar to sign up for an already scheduled game night before you begin your own!

https://www.catholiccharitiesdc.org/volunteercalendar/
St. Maria's Meals

Feed and console

Many in our community are hungry and we don’t realize it. By serving a meal with St. Maria’s Meals, students will have an encounter with those in our community looking for the comfort of a warm and nutritious meal.

What can we do?
Gather a group of about 6 students that are willing to offer a couple of hours on Tuesday evening to serve a meal. Find a faculty or parent leader that can chaperone the group.

Where can this happen?
St. Maria’s is at the Mona Center in Temple Hills, MD, every Tuesday evening. The hours of volunteer service are 4:15 – 6:15 PM.

Please contact Josh Utter or refer to the volunteer calendar online at www.catholiccharitiesdc.org/volunteercalendar/
Sandwich Brigade

Dignity

Here in DC, we see many people on the street in need of food. How often do you walk by wishing you had something to give them? At the very least we can give them the words “I’m sorry,” but even that costs us time as we go on our way. What if we had a day to give back for all those times that we quickly walked by?

Join our Sandwich Brigade!

Help us serve a meal to those on the streets in the area surrounding Catholic Charities’ G Street Office in Penn Quarter.

The experience will begin with prayer, reflection, and an opportunity to learn more about the needs and characteristics of those people experiencing homelessness.

As we venture out into the neighborhood, our focus is not only to simply give food to the hungry, but also show genuine human concern for our sisters and brothers on the street. A good conversation can be just as satisfying for the soul as a meal for the body.

We’ll wrap up with conversation, reflection, and prayer to send us off until next time.

To join us, please contact Josh Utter at josh.utter@cc-dc.org
Days of Service

Subsidiarity and Solidarity

We live out the Gospel through encounter

“No one must say that they cannot be close to the poor because their own lifestyle demands more attention to other areas. This is an excuse commonly heard in academic, business or professional, and even ecclesial circles. While it is quite true that the essential vocation and mission of the lay faithful is to strive that earthly realities and all human activity may be transformed by the Gospel, none of us can think we are exempt from concern for the poor and for social justice…” (201) *Evangelii Gaudium*, Pope Francis

*When we step out of our comfort zone and experience the uncomfortable, that is when we live out our faith.*

What can we do?
Schedule a service day for your students with the Catholic Charities Volunteer Services Team.

Where can this happen?
At one of our shelters for those experiencing homelessness, at one of our care facilities for those with developmental disabilities, at the Kennedy Institute, or at any Catholic Charities site that has a need for some help.
Special Projects

Preferential Option

Creatively seeking out ways to combat poverty

Do you have a project idea? Is there a group on campus seeking to engage the local community through service?

Know that you can collaborate with Catholic Charities as you develop your ideas.

In the past, groups have done a range of projects, such as:

- Week long summer service projects
- Conducting weekly visits to the Kennedy School to play, learn and build relationships with students
- Providing hospitality and socializing with participants in our chronically homeless initiative
- Singing Christmas Carols for the guests at our shelters
- Organizing a food drive and stocking our food pantry
- Volunteering at SHARE Warehouse on Distribution Day
Catholic Charities programs support many different populations of people experiencing transition in their lives. From men and women returning to society after incarceration, to new mothers, to unaccompanied minors who have recently come to the United States, we work with individuals to identify their needs and come up with solutions.

Get involved by creating care packs that will help meet a very real need in the lives of those we serve. Gather your group of friends, your church group, your neighbors, or your family to purchase supplies and create a set of care packs at a date and location of your choice. Then, contact the program to determine a time and location to deliver the kits. We are currently in need of packs to support three programs.

### WELCOME HOME REENTRY PROGRAM
RETURNING CITIZENS WELCOME PACK

**Kit items:**
- 1 strong backpack or reusable grocery bag
- 1 set of toothbrush and toothpaste
- 1 deodorant
- 1 body soap and lotion
- 1 disposable razor
- 1 pair of socks
- 1 set of hat and gloves
- 1 pair of underwear (women’s sizes XL-3X; men’s sizes 2XL-4XL)

**Optional items:**
- SmarTrip metro card
- portable alarm clock
- pocket calendar
- nonperishable snack
- etc.

To make arrangements to donate a set(s) of 10 Welcome Packs, please contact Karen.McNeal@CC-DC.org

### SANCTUARIES FOR LIFE
NEW BABY & POST PARTUM MOTHER CARE PACKS

**Kit items (Baby):**
- 1 small pack of diapers
- 1 pack of wipes
- 1 baby care kit: nail scissors, medicine spoon, thermometer & suction bulb
- 1 small bottle of infant gas drops
- 1 small diaper rash ointment
- 1 pair of baby booties
- 1 pack of onesies
- 1 receiving blanket
- 1 pack of bibs

**Kit items (Mother):**
- 1 pack of sanitary pads
- 1 tube of hemorrhoid cream
- 1 shampoo/conditioner
- 1 shower gel
- 1 body lotion
- 1 tube of nipple cream
- 1 deodorant
- 1 bath sponge
- 1 tooth brush & tooth paste set
- 1 dental floss

To donate a set(s) of 10 Baby or Mother Care Packs, please contact Michelle.Williams@CC-DC.org

### IMMIGRATION LEGAL SERVICES
UNACCOMPANIED MINORS SCHOOL & PERSONAL PACKS

**Kit items (School):**
- 1 backpack
- 2 spiral notebooks
- 1 binder
- 1 pack of loose leaf paper
- 1 Spanish-English dictionary
- 2-3 pens & 2-3 pencils
- 1 lunch bag
- 1 water bottle
- 1 combination lock
- A note of welcome

**Kit items (Personal):**
- 1 tote or drawstring bag
- 1 deodorant
- 1 body soap
- 1 washcloth & 1 towel
- 1 set of toothbrush & toothpaste
- 1 hair brush/comb
- Ponytail holders (for girls)
- 1 pack of sanitary napkins (for girls; please NO tampons)
- 1 set of hat, gloves, & scarf (only needed in fall/winter)
- 1 pair of socks
- A note of welcome

To donate a set(s) of 10 Unaccompanied Minors Packs, please contact Jacqueline.Rishty@CC-DC.org
Symposiums and Advocacy Days

Educate and Instruct

Are you interested in a specific social issue? From immigration to health care, you can collaborate with Catholic Charities to organize a symposium that will cover the desired topic. Catholic Charities has a staff made up of attorneys, doctors, social workers, and many more qualified professionals and volunteers that are experts in their respective fields. They are happy to share their expertise! Contact Josh Utter to organize.

Catholic Charities is also involved in advocacy efforts for those we serve. Please contact our volunteer office if you are interested in participating or collaborating in these efforts.

When the stranger in our midst appeals to us, we must not repeat the sins and the errors of the past. We must resolve now to live as nobly and as justly as possible, as we educate new generations not to turn their back on our “neighbors” and everything around us. Building a nation calls us to recognize that we must constantly relate to others, rejecting a mindset of hostility in order to adopt one of reciprocal subsidiarity, in a constant effort to do our best. I am confident that we can do this.

-Pope Francis

(9/24/15, Congress)
What Happened?

Post-service Reflection

Take a moment to center yourself
Know that you are in God's presence

Recount your service experience
Were there any moments of gratitude?
Did you become aware of any gifts or talents you may have?

Take a step by step look at your encounter
Did you carry in any expectations?
What emotions did you experience?
How did you feel initially upon entering the space?
Did you feel uncomfortable? Or did you grow in comfort as time passed?

Identify a defining moment
Why does this moment stand out?
Was this a challenge? A time of weakness?
Or was it a moment of strength?
Did you learn something about yourself or others that you never knew before?

Look forward to the future
What will you carry with you as you serve again?
Who will you ask for help?
Ask God to accompany you in your continued service
Other Useful Tools

Prayers, websites, activities, and videos for the classroom

**Prayers**

- CRS Ministry Resources - https://www.crs.org/get-involved/prayer-resources
- Mother Teresa "Do It Anyway" - http://www.prayerfoundation.org/mother_teresa_do_it_anyway.htm

**Catholic Social Teaching**

- CRS - https://education.crs.org/resources/school

**Poverty**

- Understanding Poverty - https://www.youtube.com/watch?v=g3iRRsoqoMI (From USCCB)
- Online poverty simulation - Playspent.org
- DC Housing Statistics - http://nlihc.org/oor/district-columbia

**Privilege**

- Crumpled up paper - https://www.youtube.com/watch?v=g3iRRsoqoMI
- Privilege Walk - https://www.youtube.com/watch?v=hD5f8GuNuGQ
- $100 Privilege Walk - https://www.youtube.com/watch?v=yZ670ooc6Qc

**Advocacy**

- CCUSA - https://www.catholiccharitiesusa.org/advocacy/
- Justice for Immigrants - https://justiceforimmigrants.org/
Upcoming Events!

September 20, 2018 - Project Homeless Connect at the DC Armory

November 4, 2018 - Student Service Mass at St. Bart's in Bethesda

December 1, 2018 - Greg Gannon Food Drive

December 17-20, 2018 - Christmas Caroling at our shelters

TBD Spring 2019 - Student Service Mass in PG County

TBD Summer 2019 - Catholic Charities Summer of Service

Always remember to check out our Volunteer Calendar! https://www.catholiccharitiesdc.org/volunteercalendar/
Connect with us!

https://www.facebook.com/ccadw

https://www.instagram.com/ccadw/

https://twitter.com/ccadw

https://www.youtube.com/user/cathchardc

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