**SERVICE HOURS Reflection Form**

4 Hours of Service completed = 25 points
Rest of Reflection Form = 15 points
TOTAL POINTS: 40

First & Last Name: Will Becker
Class: 8-1 Today's date: November 5, 2014
Saint of the Day: St. Elizabeth

<table>
<thead>
<tr>
<th>Date(s) of Service: November 1, 2014 and November 2, 2014</th>
<th>Number of Hours: 4 hours</th>
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Name of Supervising Adult (written): Suzanne Becker, Tournament Director
Phone # of Supervising Adult: 
Signature of Supervising Adult: Suzanne Becker

*Note: Counted as late if signature is e-mailed

1. Share your service experience.
   a. What did you do? Who did you help? Give as much detail as possible. 3 pts.

   For my first trimester Service Hours, I helped set up and take down/clean up the Eden Prairie High School for the girls basketball tournament. I helped the EP basketball association because they didn’t have to do as much work. I also helped parents who have girls that play travel basketball for EP because if I didn’t, parents would have to take time out of their day to help. Instead, I took time out of my day to help.

   While setting up, I helped bring chairs and tables to the sitting area and I also put signs up that said, “Restrooms →,” “Concession Stand ←,” etc.

   While taking down, I brought chairs and tables back to where they came from. I also cleaned up trash that was left throughout the high school.

   

   b. What did you learn or gain from this experience? Be honest and specific. 3 pts.

   ![Handwritten answer]

   I learned that service opportunities are around me every day and that a lot of them don’t require much skill. What I did for the 1st Trimester Service Hours seemed hard right as I started, but now that I think about it, it was quite easy.

   I also learned that it’s not worth it to whine and complain about the 4 hours of service, for they go fast and it sometimes is fun.

   ![Handwritten calculations and notes]
2. Which Catholic Social Teaching themes connect with your service hours? Check all that apply.

*See “Catholic Social Teachings Information” document for more help if needed.

☐ #1 Sanctity of Life and Dignity of the Human Person
ALL human life is sacred regardless of age, ability, or state in life. This principle underscores the Church’s teachings against abortion, euthanasia, embryonic stem-cell research, cloning, the death penalty, and unjust war.

☑ #2 Call to Family, Community, and Participation
The Church strives to nurture and protect the family above all, but also recognizes the importance of other communities: parishes, schools, teams, towns, etc. It is our responsibility to promote the common good of these communities and serve the needs of their members.

☐ #3 Rights and Responsibilities
The Catholic tradition teaches that human dignity is only upheld when basic human rights are upheld. Every person has a right to life as well as the things necessary to a good life: food/water, employment, health care, and education. (*Note: While we all have numerous responsibilities in life, this social teaching is focused on our responsibility to make sure that everyone enjoys the basic rights mentioned above.)

☐ #4 Preferential Option for the Poor and Vulnerable
“You can judge a society by how it treats its most weakest members” is the often heard quote associated with this social teaching. Christ calls us to take care of our brothers and sisters, especially those forgotten in our country: the unborn, poor, handicapped, elderly, terminally ill, etc.

☐ #5 The Dignity of Work and the Rights of Workers
Work should not just be about making money, but participating in God’s work. Workers have basic rights that should always be respected: the right to fair wages, the ability to join and organize unions, safe working conditions, etc.

☐ #6 Solidarity
We are one human family regardless of race, religion, language, or even location in the world. The Church reminds us that we are all brothers and sisters and that “loving thy neighbor” goes beyond our own family, school, or city.

☐ #7 Care for God’s Creation
If you read the first chapter of Genesis, you will see that the 2nd commandment God gave man and woman was to take care of the world He had just made. That responsibility has not changed. Though it is right to use the earth’s resources, it is not right to abuse them whether by wasting water, electricity, filling the air with pollution, etc. By respecting creation, we respect our Creator. (*Note: Though it is true that humans are part of God’s creation, this social teaching is focused on animals and the environment.)

How does your service fit into your checked Catholic Social Teaching theme(s)? 3 pts.

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My service fits into #2-Call to Family, Community, and Participation because I participated and helped those in my community. I served the needs of members in my community.

By community I mean, towns, basketball teams, adults, kids, the refs, etc.

When it says participation, it means you helped out and put full effort into it. If I were to just stand there and not help, then it wouldn't count as service hours.
1. Share your service experience.
   a. What did you do? Who did you help? Give as much detail as possible. 3 pts.

   For 2 hours I refereed 2 volleyball matches. This happened earlier this summer, when I was at USJO Nationals in Minneapolis. 4 out of 9 girls on our team were asked to volunteer, and I stepped up. We worked one of the last matches of Nationals, and the other team that was supposed to be there hadn't shown up. I decided to do the book. The book is one of the more complicated jobs to do, and I offered it up and did it for the referee. If I hadn't done it, one of the other coaches would have had to do it. That would have taken away time from when they were supposed to be focusing on their team, the game, and getting to the National Championship. Two teams were playing, a red team and a blue team. I don't remember the team names, but the blue team was from Texas! It felt good to be able to help girls and coaches from that far away. I mean, how often do you get to help a man coaching a volleyball team from Texas, am I right?

   b. What did you learn or gain from this experience? Be honest and specific. 3 pts.

   It may seem like it would be hard to pull any learning experiences from a volleyball match, but it's not, really. In fact, I learned a lot about how to act when in a public sports event. Believe it or not, the coach rom the red team got ejected. Yes, ejected. He was being really rude to the refs after they made the call. He threatened them to give him a yellow card, and then he called the ref a fool. That's when he dared them to give him a red card, and out he went. I remember thinking how awfully rude that was. Those referees had been making those types of calls for 4 days straight, and we should have really thanked them. I definitely learned that so many people work so hard to make your life happen, and you don't even notice it. It's like when the credits roll after a movie and you just turn it off. That huge list of people just made that entire family movie night, and they probably didn't get any thanks, or anywhere near enough.
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How does your service fit into your checked Catholic Social Teaching theme(s)? 3 pts.

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Date(s) of Service: 10/14/14

Number of Hours: 2 hours

Name of Supervising Adult (written): Steve Hamerski

Phone # of Supervising Adult:

Signature of Supervising Adult:

*Note: Counted as late if signature is e-mailed

1. Share your service experience.

a. What did you do? Who did you help? Give as much detail as possible. 3 pts.

For 2 hours of service service I went to Sharing and Caring Hands with OLG. I went during lunch, recess, and math. We got to work with the Tuesday Crew, which is a group of older adults that help out there. It was fun because they were really nice to us and they loved being around everyone. Me, Kaya J and Laura J served the desserts, pickles, and slices of bread to everyone who came in. Although it's not surprising, the M&M brownie was a fan favorite. We got to meet lots of really nice people, some of which looked like they really appreciated the help. One man in particular had to keep coming back, and he said thank you and God bless you every single time. We also saw a woman who had hearing problems, but she was really nice. She laughed and talked quite a bit for her circumstances. We saw another elderly woman who had a little cart with all of her belongings in it. She was so nice, and she invited us over to talk with her. She asked us how old we were, where we went to school, if we were wearing our uniforms, and lots of other things. It was really eye-opening to be around people who needed so much help, and to see their reactions when they really get what they need. It really shows you how lucky you are to be where you are, how healthy you are, and how small some of your problems can be compared to theirs.

b. What did you learn or gain from this experience? Be honest and specific. 3 pts.

I learned many things from this experience. One thing was how incredibly lucky I am. I saw people who had bags with their stuff in them, people with tattered clothes, people who came in with awful looks on their faces. Just to see how much the food, milk, and hospitality meant to them was priceless. Most of us have nice homes, they don't. Most of us have phones, computers, and TV. They don't. All of us go to an amazing school with amazing teachers. They don't. I didn't say all that to point out how unlucky they are, it's to point out how lucky we are. Lots of times, we don't understand, we can't comprehend what it's like to live like that until you see, and that's exactly what I saw. God basically punched me through actions, not words. He told me, "Hey look, these people don't have hardly anything, yet they are still alive, and you get to see what amazing and lucky your life really is, RIGHT NOW." It hit me like a ton of bricks, and I immediately saw and understood so much more about this world, about this country, about this state, and even about our city. This happens all over the world, and now I know that more needs to be done to help these people that can't help themselves.
2. Which Catholic Social Teaching themes connect with your service hours? Check all that apply.
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How does your service fit into your checked Catholic Social Teaching theme(s)?
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| My service fits into the above Catholic Social Teaching themes like this: |
| Call to Family, Community, Participation: |
| I know that I need to help all people in need somehow, but that starts in my own community, the St. Paul/Minneapolis Metro. Sharing and Caring Hands is located right in the center of everything, and helping people from my own city and state is a great feeling. |
| Rights and Responsibilities: |
| Sharing and Caring Hands doesn’t only offer food, they offer housing, clothing, daycare, and much, much more. These tools help provide anything and everything someone in need might want/need to stay alive or stay on their feet. |
| Preferential Option for the Poor and Vulnerable: |
| Sharing and Caring Hands is basically a safe haven for all those suffering from hunger and poverty. It gives e a chance to really see what life can be like and how much those people need help. It can be really hard for people to go into Sharing and Caring Hands for help, but they have to, and the best thing you can do is greet them with a smile and share God’s love with them. |