SERVICE HOUR GUIDELINES

1. Acts of service done for your immediate family (mom/dad, siblings) cannot be counted as Service Hours.
2. Service hours should not consist of typical family expectations (mowing the lawn, walking the dog, doing the dishes, babysitting little brothers/sisters, etc.)
3. Service hours cannot be counted if payment was received (such as from babysitting, serving a wedding/funeral, etc.). Students who are offered payment are encouraged to ask that the money be donated to a good cause.
4. Service hours from the summer may be used for the 1st trimester only. All other service hours must occur between the due dates of each particular quarter (i.e. students may not “pile up” service hours to use throughout the year).
5. Even though going to Sharing and Caring Hands and altar serving occurs during school hours, they may be used for service hours (Sharing and Caring Hands = 1 ½ hours per trip, altar serving = your time serving at Mass plus the time before and after that you are helping setup or cleanup).
6. Middle School Service Club events are awesome, but may NOT be used for service hours (MSSC is meant to go above and beyond the 4 hours of service required each trimester).
7. Type of service hours should vary somewhat from trimester to trimester (i.e. You should not count 4 hours of altar serving for each trimester of the school year).
8. Different types of Service Hours should be completed on separate sheets. Please staple all of your Service Hours papers together before turning them in.
“Whatever you have done for one of these least brothers of Mine, you have done for Me.”
MATTHEW 25:40

**SERVICE HOURS**

Reflection Form

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

**First & Last Name:** Coulddobetter McSweater

**Class:** 8Q

**Today’s date:** 11/9/15

**Saint of the Day:** St (Pray for me!)

**Date(s) of Service:** A few weeks ago

**Number of Hours:** 3 ½

**Name of Supervising Adult (written):** Don’t know

**Phone # of Supervising Adult:** (373) 928-3029

**Signature of Supervising Adult:**

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

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1. Share your service experience.

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

   **Altar served for 2 hrs. and raked my yard for 1 hour.**

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

   **I learned that helping others and raking leaves is a nice thing to do and I will probably do this every day for the rest of my life!**
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.

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

Reflection Form

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

First & Last Name: Joseph Enzler
Class: 7th, Today's date: 3/14/2014
Saint of the Day: St. Patrick

Pray for me!

3 pts.

Date(s) of Service: 4-26-14
Number of Hours: 3

Name of Supervising Adult (written): Tom Enzler
Phone # of Supervising Adult: (61) 805-7665
Signature of Supervising Adult: __________________________
*Note: Counted as late if signature is e-mailed

3 pts.

1. Which Catholic Social Teaching themes connect with your service hours? Check all that apply.

☐ #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.

☐ #4 Preferential Option for the Poor and Vulnerable
“Your 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.
2. Share your service experience.
   a. What did you do? Be specific. 3 pts.
   
   For my service, my baseball team and I went to our home fields at Brearley. My team raked all of the leaves out of the batting cages. We also fixed the netting on several L-screens. We fixed the L-screens by tying the netting to the frame of the screen because the netting was falling off. After that was done, we grabbed a garbage bag and picked up only trash that we found in the woods. When we got back to the fields, we swept all of the sand and sunflower seeds out of all the dugouts.

   b. How does your service fit into your checked Catholic Social Teaching theme(s)? 3 pts.
   "See "Catholic Social Teachings Information" document for more help if needed.
   
   My service fits into Call to Family, Community, and Participation because it says that the church nurtures and protects all teams. We were protecting and cleaning the fields that my team and many other teams play on. My service fits into Care for God’s creation because we are taking care of the earth by picking up trash that people have left on the ground.

   c. What did you learn or gain from this experience? 3 pts.
   
   I learned that service is a lot more fun when you do it with friends. I also learned that running around in the woods looking for trash can be turned into a fun game of who can get the most trash. I also learned that I'm bad at tying knots. I learned that raking leaves can be tiring and that I'm slow at doing it. I learned that the varsity dugout is full of sand and sunflower seeds.
“Whatever you have done for one of these least brothers of Mine, you have done for Me.”
MATTHEW 25:40

SERVICE HOURS
Reflection Form
3 Hours of Service completed = 25 points
Rest of Reflection Form = 15 points
TOTAL POINTS: 40

First & Last Name: Elise Pearson
Class: 7A Today’s date: 5/19/14
Saint of the Day: St. throughilus

3 pts. 
Date(s) of Service: 5/19/14 Number of Hours: 4 1/2
Name of Supervising Adult (written): Bradley Pearson
Phone # of Supervising Adult: 952-992-8699
Signature of Supervising Adult: 
*Note: Counted as late if signature is e-mailed

3 pts.
1. Which Catholic Social Teaching themes connect with your service hours? Check all that apply.

☐ #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.

☑ #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.
2. Share your service experience.

a. What did you do? Be specific. 3 pts.

For my service hours, I helped out the ABC Foundation ("A Better Chance") by checking people into the ABC gala fundraisers helping with the silent auction, and dispersing the auction items to their new owners. I worked with Maggie Harchs and her mother, who happened to be in charge of the gala. This was one of my favorite things I could have done for service hours because it combined fun with helping the ABC Foundation earn enough monetary value from the silent auction to help bring students from unprivileged areas or where schooling is not what it should be to schools here in Edina or just in Minnesota. Where they can learn to a fuller extent.

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

"See "Catholic Social Teachings Information" document for more help if needed.

I participated in the Edina ABC gala, which allowed for the gala to happen because they were originally not going to have enough volunteers.

My service fits with "Call to Family, Community, and Participation" because everyone deserves a good education. ABC allows students from schooling that is not desirable to go to school where the schooling is excellent. This foundation allows students to get the education they deserve. My service fits with "Preferential Option for the Poor" and vulnerable because even though some of the students are not in the ABC program because they can't move to somewhere that has good schooling, a lot of students aren't able to go to excellent schooling because of the cost would be way too much. By helping out at ABC, I was able to help those with little money to get great schooling. My service fits with "Solidarity" because I was able to help others from different states get a good education and show that they are my neighbor and I love them through volunteering.

c. What did you learn or gain from this experience? 3 pts.

I learned that I should be more grateful for my excellent schooling at OL-6 because many people aren't even allowed to learn about Jesus, let alone learn everything that I have learned at my amazing school. I also learned from this experience, that I believe in what they were saying about everyone deserving a great education, and that I'm just like Maggie will most likely do, I would someday like to join ABC once I have a house and am older and help people receive a better education.
CATHOLIC SOCIAL TEACHING

“The Church’s social teaching is a rich treasure of wisdom about building a just society and living lives of holiness amidst the challenges of modern society.”

United States Council of Catholic Bishops

1. Sanctity of Life and Dignity of the Human Person
This principle is the foundation of all Catholic Social Teachings. It highlights the Catholic belief that ALL human life is sacred regardless of age, ability, or state in life and that people are more important than things. This principle underscores the Church’s teachings against abortion, euthanasia, embryonic stem-cell research, cloning, the death penalty, and unjust war.

Some examples of service experiences that promote the life and dignity of the human person:

- Volunteering at a pro-life center
- Visiting the elderly at a nursing or retirement home
- Writing and sending letters to legislators addressing topics of life and dignity (please only do so with your parents’ permission)

2. Call to Family, Community, and Participation
The Church teaches that not only is the human person sacred but also social. The first “society” that we experience is the family. 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.

Some examples of service experiences that nurture community:

- Helping with a parish or school event
- Being a Vacation Bible School leader
- Assisting at a sports camp

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.

Some examples of service experiences that safeguard basic human rights:

- Packaging food for Feed My Starving Children
- Collecting food or personal hygiene items and donating them
- Serving food with Sharing and Caring Hands, Meals on Wheels, etc.

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. When voting and forging new policies we are called to remember that “We who have a voice must speak for the voiceless”.

Some examples of service experiences that serve the poor and vulnerable:

- Volunteering at a soup kitchen
- Helping with Special Olympics
- Visiting the sick
5. The Dignity of Work and the Rights of Workers
The economy must serve people, not the other way around. 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.

Some examples of service experiences that protect the dignity of workers:
• Volunteering at the Dorothy Day Center in St. Paul
• Write to legislatures about raising minimum wages or creating jobs for the unemployed (please only do so with your parents’ permission)

6. Solidarity
We are one human family regardless of race, religion, language, or even location in the world. There is a temptation to care only about our own needs, but the Church reminds us that we are all brothers and sisters and that “loving thy neighbor” goes beyond our own family, school, or city.

Some examples of service experiences that create solidarity:
• Going on a mission trip (locally or long-distance)
• Sponsor a child through the Christian Foundation for Children and Aging (www.cfausa.org).
• Participate in a Catholic Relief Services “Food Fast” (see www.Foodfast.org)

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.

Some examples of service experiences that care for God’s creation:
• Volunteering at the Humane Society
• Participating in litter removal
• Volunteer to help out at a state or city park
SERVICE HOURS IDEAS

1. Find service opportunities:
   b. http://www.volunteermatch.org
2. Visit a local retirement home and play the piano or other instrument
3. Create and mail a care package to military or military family
4. Sharing and Caring Hands
5. Loaves and Fishes
6. Altar Serving
7. Babysitting
8. Mow lawns
9. Ask a teacher if they need any kind of help before/after school
10. “Secret Shoveling” (Shoveling driveways without telling them)
11. “Rake ‘n Run” (Raking leaves without telling them)
12. Feed My Starving Children
13. Scoreboard/line judging/keeping basketball book during games
14. Working at a camp
15. Picking up litter around the neighborhood or at a park
16. Concession stand
17. Helping out at ARC
18. Singing/playing an instrument at Mass
19. OLG Christmas tree lot
20. School Registration
21. Hospital volunteering
22. Offer to babysit kindergarten buddy so that his/her parents can go out
23. Volunteer at the library
24. Majestic Hills Farm (horse camp?)
25. Salvation Army bell ringing
26. Store inventory
27. Set up/clean up OLG church
28. Mary’s Place
29. Helping grandparents out, other elderly folk
30. Organize a food drive in your neighborhood
31. Tutoring
32. Washing cars
33. Helping out teachers
34. Animal sitting (dog, cat, fish, cow, etc.) and/or dog walking
35. Church nursery
36. Making cards for sick people in hospitals
37. Making tie-blankets and giving them to Sharing and Caring Hands (or elsewhere)
38. Skate for the Cure
39. Race for the Cure
40. Box tops countin’
41. Set up the church, prep for Masses
42. Lemonade stand, raise money and donate
43. Nurses office volunteering
44. Volunteer to help at a play
45. Cookie making
46. Vacation Bible School
47. The Raksha Walk
48. Food shelf collecting
49. Carnival/Marathon helping
50. Pick up trash at OLG or around your neighborhood
51. Volunteer to straighten up pews after Sunday Mass
52. Help parent make a dinner for a neighbor or friend in need
53. Volunteer at STEP (Kate volunteer coordinator)
54. Volunteer at Sharing and Caring hands or Mary's place
55. Volunteer in Church Nursery
56. Shovel a neighbor's sidewalk or rake their leaves
57. Volunteer to tutor
58. Volunteer as a family at Crisis Nursery to make and serve a meal
59. Call Bridging or VEAP to ask about volunteer opportunities
60. Feed my Starving Children as a family
61. Visit a Nursing Home you could even bring your musical instrument
62. If there is a Saturday Funeral volunteer to help clean up
63. Bring your unused food down to St. Stephen's Men's shelter
64. Offer to clean St. Stephen's Men's shelter
65. Offer as a family to drive our donations to our organizations
66. Deliver cards or treats to OLG home bound
67. Volunteer to help around your house on a specific project
68. Write notes and cards of encouragement to our men and woman serving our country
"Whatever you have done for one of these least brothers of Mine, you have done for Me.”
MATTHEW 25:40

SECTION 1 – Reporting Standard: CATHOLIC SOCIAL TEACHING

I can show my love for God and others by performing 4 hours of service per trimester. (Note: 7 or more hours for 7th graders = E, 8 or more hours for 8th graders = E) 

OVERALL:

________

SECTION 2 – Reporting Standard: CATHOLIC SOCIAL TEACHING

I can explain how I served by describing my service experience.

OVERALL:

________

SECTION 3 – Reporting Standard: RELATING THE FAITH TO DAILY LIFE

I can explain what I learned or gained from my service and how I incorporate the Faith into my daily life.

OVERALL:

________

SECTION 4 – Reporting Standard: CATHOLIC SOCIAL TEACHING

I can demonstrate my understanding of the themes of Catholic Social Teaching by correctly categorizing and explaining my service.

OVERALL:

________

☐ Please see example assignments on my website (CatholicReligionTeacher.com)
☐ Please review what the following means (on back of this paper):
“Whatever you have done for one of these least brothers of Mine, you have done for Me.”
MATTHEW 25:40

SECTION 1
Date(s) of Service: __________________
Number of Hours: ________ (Must be written in pen)
Name of Supervising Adult (written): _____________________________
Phone # of Supervising Adult: _________________________________
Signature of Supervising Adult: _________________________________

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

SUPERVISING ADULT:
Do not sign until entire document is complete.

SECTION 2
What did you do? Who did you help? What was your experience like? Etc.

SECTION 3
What did you learn or gain from this experience? In what ways can your experience help you on your journey to becoming the saint God is calling you to be?
SECTION 4

Which Catholic Social Teaching theme(s) connect with your service hours? (Check all that apply)

☐ #1 Sanctity of Life and Dignity of the Human Person
ALL people are created in the image and likeness of God. Therefore, every human life, from conception to death, is sacred and should be protected and cared for.

☐ #2 Call to Family, Community, and Participation
The communities we are a part of are very important: Our parishes, schools, teams, cities, etc. The most vital community is the family. Therefore, we should work to support and strengthen marriages, families, and the communities around us.

☐ #3 Rights and Responsibilities
Every person has a right to life as well as the things necessary for a good life: food/water, employment, health care, and education. We are responsible for upholding these basic human rights for all people.

☐ #4 Preferential Option for the Poor and Vulnerable
It has been said “You can judge a society by how it treats its weakest members”. Jesus asks us to take care of our brothers and sisters, especially those most often forgotten: 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, and location. “Loving thy neighbor” means sharing the burdens of others and taking care of people beyond our own family, school, or city.

☐ #7 Care for God’s Creation
God’s creation is wonderful and should be taken care of. Though it is okay to use the earth’s resources, it is not right to abuse or waste them. When we respect creation, we respect our Creator.

How, specifically, does your service fit into your checked Catholic Social Teaching theme(s)?