

St. Anthony of Padua Guide to Community Service Hours for Teens

Date	Spiritual Activity	Time Spent	Witnessed by:



Mark 12:30-31 "And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: You shall love your neighbor as yourself.' There is no other commandment greater than these."

Even the smallest thing done for others brings comfort to the receiver and joy and glory to God!

What are Community Hours? God commands us to love one another, in doing so we should care for one another - every one another, not just our friends. Community hours are time spent serving as a volunteer to do good things for others. **Volunteer means without pay or any kind of compensation - we do this just because we can.**

Why do Community Hours? The purpose of community hours is to prepare you to live as a responsible, active Christian being. This service strives to instill in each of us the awareness of the multiple needs of our community, a sense of moral obligation to help those less fortunate than ourselves, and the desire to make our community a better place to live. Volunteering is good for you; it saves resources; you can gain professional experience; brings people together; promotes personal growth and self-esteem; strengthens your community; you learn; you give back; encourages civic and moral responsibility; and You make a difference in the lives of others.

How many Community Hours do I need?

7th and 8th graders need - **10 hours**

9th, 10th and 11th graders - **20 hours**

These hours are required each year so that you may be Confirmed when you become an 11th grader

Rules of Volunteerism:

1. Commit, then Show Up! Resist the urge to skip.
2. Speak up! Don't be shy; ask questions to clarify what needs to be done.
3. Step-Up! See something that needs doing - do it without being asked.

IDEAS and Suggestions:

Work at church: flower beds, yard work, clean the church or catechism rooms, help decorate for holidays, clean up in the cemetery, read at mass, serve as an usher or alter server, etc.

Help out an elderly neighbor: cut grass, take out garbage, pick up garbage cans, rake leaves, do chores, bring a meal, visit and talk about what their life was like as a youth.

Volunteer: to work at a benefit, to raise money for charity, visit children in the hospital (read, color, bring a stuffed animal), visit a nursing home (bring magazines you collected, sweaters, and slippers - plan to entertain them for a little while) - there are so many things you can do.

- Conduct a neighborhood cleanup
- Be a peer tutor or tutor a younger student in need of help
- Hold a bake sale for a charity or to purchase needed items for a service project
- Be a volunteer runner/walker in an event (Walk for Life, Race for a Cure)
- Plant trees for Arbor Day in the community
- Baby-sit for someone who needs a break
- Volunteer at a homeless diner (St. Joseph's Diner)
- Make gift baskets for shut-ins or needy families
- Conduct a food drive, coat drive, clothes drive, etc.
- Stuff new, warm socks with a water bottle, and granola bars to give to homeless you encounter on corners
- Organize a blood drive, send care packages to deployed soldiers,
- Write letters to your congressmen/women about an issue that truly concerns you (ex.-prayer in schools)