

## Year of Mercy – Intro Activity

### Objectives:

- To introduce the participants to the Corporal and Spiritual Works of Mercy

### Materials:

- Scissors
- Appendix printout
- Envelopes
- Props for skit

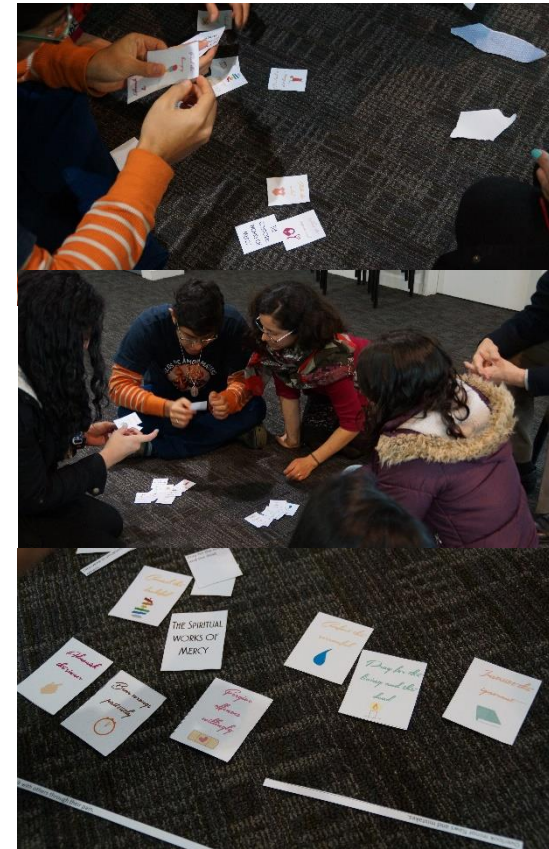
### Preparation:

- Cut out the works of mercy (appendix 1) and place inside one envelope. This will be labelled “Corporal and Spiritual Works of Mercy”.
- Cut out appendix 2. This will be placed in an envelope labelled (practical suggestions)

### Dynamics:

#### Part 1 – Works of Mercy

1. The participants will be given brief definitions for each of the work of mercy:
  - *The Corporal Works of Mercy are acts by which we help our neighbours with their material and physical needs. Corporal comes from the Latin word “corpus” which means body.”*
  - *The Spiritual Works of Mercy are acts of compassion by which we help our neighbours with their emotional and spiritual needs.*
2. An envelope labelled “Works of Mercy” will be given to the participants they will be asked to arrange the works of mercy according to whether they are corporal or spiritual. If you want this to be competitive, have two teams compete with each other. The first team that completes the task correctly wins.



### Part 2 – Practical Suggestions

A second envelope will be given to each group. Their task is to decide on which of the practical suggestions match to each of the Corporal and Spiritual works of mercy. Each team must get at least three practical suggestions for each work of mercy to complete the task.

### Part 3 – Mercy in Action

The participants will be divided into groups of 5. Each group will be allocated a work of mercy. The groups' task is to make a skit that shows a situation of mercy in today's world and how the allocated work of mercy would make a difference.



### Debrief:

In preparation for WYD, Pope Francis is challenging the young people to look into the Corporal and Spiritual works of Mercy. In this Jubilee year of Mercy, let us also think about how we can live out a life of Mercy. How can we live out the Corporal and Spiritual works of Mercy?










Image retrieved from <http://www.cdryearofmercy.org/>

For more Year of Mercy resources, click on the link below:

<http://www.aucklandcatholic.org.nz/youth-young-adult-ministry/events/year-of-mercy-resources/>

Appendix 1

<p><i>Bury the dead</i></p> 	<p>THE CORPORAL WORKS OF MERCY</p>	<p><i>Shelter the homeless</i></p> 	<p><i>Visit the imprisoned</i></p> 
<p><i>Comfort the sick</i></p> 	<p><i>Feed the hungry</i></p> 	<p><i>Give drink to the thirsty</i></p> 	<p><i>Clothe the naked</i></p> 

*Forgive  
offences  
willingly*



## THE SPIRITUAL WORKS OF MERCY

*Comfort the  
sorrowful*



*Instruct the  
ignorant*



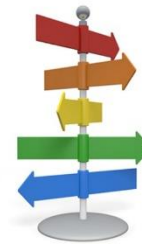
*Bear wrongs  
patiently*



*Admonish  
the sinner*



*Counsel the  
doubtful*



*Pray for the  
living and the  
dead*



## Appendix 2

<b>Corporal Works of Mercy</b>	<b>Practical Suggestions</b>
Feed the hungry	Get a group of friends to help make packed lunches at your local homeless shelter.
	Offer to pay for a friend's lunch or drink if they cannot afford it.
	Start a fundraiser at school to raise money for your local food shelter.
	At your local parish you can start a food drive. Parishioners can drop off food at the church and you can take it to your local food bank.
Give drink to the thirsty	Watch for ways to save water or keep it clean. Be environmentally aware. Make sure taps are turned off after use.
	Pass out water bottles for homeless on streets with a note attached with a bible verse or a simple "you're loved."
	Take time to meditate on God's thirst for souls. And pray for the grace to help bring Him souls.
	Help pass out ice cold waters at events, when a neighbour is doing gardening, or even when your Mum or Dad has a long day.
Clothe the naked	Donate old or unused clothes to a thrift store/ op shop, or a refuge.
	Pray for the virtue of modesty in your dress. And that you may reflect Christ and give him glory by what you wear.
	Go through your closet and simplify your wardrobe (this one is especially tough just because I'm a clothes addict)

Welcome the stranger	Welcome parishioners at the beginning of Mass. Thank parishioners at the end of mass.
	Welcome a new student.
	Let your house be a welcome place for a friend who may not have a parent home after school. (with parental permission)
	Send cards or gifts to new neighbours or parishioners.
Visit the sick	Volunteer your time at your local children's hospital and spend some quality time reading or playing games with the kids and their families.
	Another great volunteering opportunity is to visit the elderly at a rest home.
	Send flowers or even a card to someone you know in the hospital.
	If you have a family member or a friend who's at home due to being sick, send them a text and ask if you can bring over some soup or ice cream. Or you can just go visit them and give them company.
	Find out who are the homebound at your local parish and help bring the Eucharist to them. (Make sure you consult with your parish first.)
	Whenever you're in a group of your peers, look for someone who may be struggling internally, who may be afflicted on the inside, and go over and talk to them and let them know you care about them.
Visit the imprisoned	Help prepare a Christmas meal or gifts for the family of a prisoner who may have few monetary resources with an imprisoned parent.

	Help someone who is “imprisoned” by a disability or handicap. Be a friend or helper to them.
	Volunteer for an organisation that does Prison Ministry. (You generally need to be 18+ to do this.)
	Investigate whether there are refugees or recent migrants living in your parish, community or neighbourhood. Organise a BBQ or other social gathering to welcome these people.
Bury the dead	Be faithful about attending wakes/visitation.
	Support or volunteer at a hospice.
	Spend time with widows and widowers.
	Offer daily prayers for those with terminal illnesses and for those who have died.

<b>Spiritual Works of Mercy</b>	<b>Practical Suggestions</b>
Instruct the ignorant	Commit yourself to learning about the Catholic faith and share your understanding of the faith with others and with those who welcome it.
	Share your insights, knowledge, and skills with others, especially friends, fellow students, co-workers.
	Take time to “tutor” those who are just beginning new tasks. This could range from peer mentoring, helping younger students at your school, helping someone with starting a healthy lifestyle, etc.
	Read good literature and encourage others to do the same.



Counsel the doubtful	Work at being optimistic and avoiding cynicism.
	Respond to cynicism, scepticism, and doubt with hope.
	Be articulate about your own hopes.
	Ask people about their hopes and support them in trying to attain them.
Admonish the sinner	Be courageous yet compassionate in calling people and institutions to be faithful to Gospel values.
	Intervene in situations in which people are clearly doing harm to themselves or others.
	Respond to negative and prejudicial comments with positive statements.
	Put an end to gossip by walking away; set a good example for others.
Bear wrongs patiently	Work at being less critical of others.
	Overlook minor flaws and mistakes.
	Give people the benefit of the doubt.
	Assume that people who may have hurt you did so because they are enduring pain of their own.
	Pray for those who have wronged you.
Forgive offences willingly	Forgive those who have wronged you and pray for them. If you're not ready to forgive, pray for the courage to forgive.
	Ask forgiveness from others.
	Let go of grudges; go out of your way to be positive with someone you are having a difficult time with.



Comfort the afflicted	Walk with others through their pain.
	Offer words of encouragement to those who seem discouraged.
	Offer positive words to fellow students or co-workers who are having a difficult time with their tasks.
	Be present to those who are struggling or in emotional pain or despair.
	Offer sympathy to those who are grieving.
Pray for the living and the dead	Make a prayer list of people that you know are sick and pray for them every day.
	Pray for the people listed in the Church bulletin.
	Pray for your friends' relatives that have died. If you hear about something tragic or sad on the news, pray for the people involved.
	Make a prayer blanket or card or some object that can be given to a person who would be comforted by knowing that someone is praying for them.
	Ask for the intercession of the saints in your prayers.
	Pray for our seminarians and priests.