God's Work
Our Hands

Service Hour Expectations

6th Grade: 10 hours of service
7th Grade: 15 hours of service
8th Grade: 20 hours of service

Each year, half the service hours must be given in service to the church or pertaining to the faith and half must be given in service to those outside our church.

Example: 8th grade
10 hours within the Church + 10 hours beyond the Church = 20 hours

A minimum of 2 different service projects must be done within the church and beyond the church. (e.g.: 8th grade-10 hours of altar serving would only count as 1 service activity within the church and another would have to be done to complete the requirement for the within church category.)

Categories of Service Hours

(These are only a few examples for each category)

Category I. Service within the Church: the family of faith

A. The service of knowledge
- Reading Scripture: to yourself or your family.
- Reading the Catechism (YouCat), helping a sibling with RE homework.
- Helping with Vacation Bible School (VBS) as a volunteer.

B. The service of worship
- Attending a **weekday** mass. (Holy Days of Obligation do not count.)
- Altar serving, youth choir, usher, lector.

C. The service of prayer
- Leading a family Rosary, attending Stations of the Cross.
- Spending an hour with Jesus in the Adoration Chapel.

D. The service of fellowship
- Helping with set up, take down or serving at a parish event: parish picnic, Christmas bazaar, CRHP, R.E. Family Sessions or childcare.

Category II. Service beyond the Church: the human family

E. The service of evangelization
- Bringing a non-Catholic friend to mass, Adoration, R.E. class etc.
- Teaching others about God, Christ, and the Catholic Church.

F. The service of justice
- Participating in pro-life work: praying at a clinic, attending a march.
- Advocating on behalf of marginalized groups: writing to legislators.

G. The service of charity
- Helping the elderly in their homes, visiting them in nursing homes.
- Serving at a food pantry, homeless shelter, or soup kitchen.
- Raising money for a charitable cause.

Instructions for Recording Service Hours

1. Fill out the top portion of the back cover of this booklet: your name, grade, catechist's last name, & total number of service hours required.
2. For each service activity you do, fill out a page from this journal. Activities can be less than an hour: such as reading Scripture or saying a Rosary.
3. Have an adult witness from the event sign your record. A parent may sign if it is appropriate. **Hours will only be counted if there is an adult signature.** So remember to bring your book to each event or you can tear out a sheet from the book to bring to the event and then staple it back into the book.
4. Write a brief reflection **(3-5 sentences)** on your experience of the service activity. (What did you learn about doing service, other people, yourself, and God through the experience? How did you feel?) **All service activities must have a written reflection for the hours to be counted.** Please write legibly, print if necessary.
7. Sign each page when you have completed it.

Sample

__12/7/16_____ _____1_____
Date **Number of service hours**

_____Visitation Church_____
Person, Organization or Charity Served

_____Loaded Giving Tree Presents into Trucks_____
Description of the Activity (what you actually did)

Service Hour Category

Within Church or Faith	Beyond the Church
___ The service of knowledge	___ The service of evangelization
___ The service of worship	___ The service of justice
___ The service of prayer	___ The service of charity
_X_ The service of fellowship	

_____
Signature of Adult Witness

Reflection

Your thoughts about the experience.