

Name of Candidate: _____

St. Ambrose Catholic Church
20 Hours of Discipleship for Confirmation

Please list all your service hours below. Verification of these service hours can be obtained by the **signature** of the Volunteer Coordinator of the organization. Please note that you are not limited to 20 hours. Please include any hours above the requirement as well.

Date of Service	Name of Organization AND Description of service performed	No. of Hours	Signature of Service Recipient

I verify that I have performed the above projects _____
Signature of Candidate (required)

My child discussed the above projects with me _____
Signature of Parent (required)

NEXT...Write an essay about your experience using the guidelines provided on Discipleship Guidelines paper on a separate sheet

OPPORTUNITIES TO SERVE

St. Ambrose Catholic Church- Opportunities to serve at St Ambrose include Lenten Soup Suppers, Weekend WorkCamp as well as many other opportunities throughout the year.

Arlington Diocese Catholic Charities, Website: www.cdda.net Variety of opportunities

Christ House 131 S. West Street Alexandria, VA 22314 Website: www.cdda.net/volunteer.php
They have a thrift store and food pantry, and they often need help.

St. Martin de Porres Senior Services 4650 Taney Ave. Alexandria, VA 22304
Web site: www.cdda.net/programs_elderly.php

Fairfax FISH (For Immediate Sympathetic Help) Website: www.fairfaxfish.org

Homestretch Shelter 370 South Washington Street, Suite 400 Falls Church, VA 22046
Web site: www.homestretch-inc.org

Little Sisters of the Poor 4200 Harewood Rd NE Washington, DC 20017-1554 (202) 635-2054
Web site: <http://www.littlesistersofthepoorwashingtondc.org/volunteer/>

Food for Others 2938 Prosperity Avenue Fairfax, VA 22031 (703) 207-9173 Web site:
www.foodforothers.org

Ronald McDonald House for Northern Virginia Web site: www.rmhc.greaterdc.org

Lift Me Up Therapeutic Riding <http://liftmeup.org/volunteer-program/>

Habitat for Humanity of Northern Virginia 4451 First Place South Arlington, VA 22204 (703) 521-9890 Web site: www.habitatnova.org

Lamb Center 3160 Campbell Dr, Fairfax, VA 22031 703.691.3178
Web site: www.thelambcenter.org

FACETS (Fairfax Area Christian Emergency and Transitional Services) 10640 Page Avenue, Suite 300 Fairfax, VA 22030 (703) 352-5090 Web site: www.facetscares.org

HOPE 610 Park Avenue Falls Church, Virginia 22046 (703) 536-2020
Web site: www.hopeinnova.org

Martha's Table 2114 14th Street NW Washington, DC 20009 Web site: www.marthastable.org

Our Daily Bread Fairfax Website: www.odbfairfax.org

Volunteer Fairfax Web site: www.volunteerfairfax.org

VolunteerMatch (415) 241-6872 support@volunteermatch.org Web site: www.volunteermatch.org

Discipleship Works and Reflection Guidelines

It is vital that you understand the need for serving your fellow others. “The Works of Mercy are charitable actions by which we come to the aid of our neighbor in his spiritual and bodily needs. Instructing, advising, consoling, comforting are spiritual works of mercy, as are forgiving, and bearing wrongs patiently. The corporal works of mercy consist especially in feeding the hungry, sheltering the homeless, clothing the naked, visiting the sick and imprisoned, and burying the dead.” (CCC2447)

1. 20 Discipleship Hours are required

10 of the hours **MUST** be done at St Ambrose through any of the ministries. Additional 10 hours may also be through our church or you may choose from the opportunities listed on the Opportunities to Serve sheet.

If you have questions or have other service projects in mind to add to the list, please contact me for approval at Lmead@stambroseva.org

(Babysitting or other service within your family that would normally be expected does not qualify.)

- ✓ Choose a project outside of your comfort zone
- ✓ Ask your friends, siblings, sponsor, parents and family to join you
- ✓ Use this opportunity to grow as a human person
- ✓ Take ownership! Don't have your parents make the calls or do the legwork for you!
- ✓ Make service a permanent aspect of your life!
- ✓ No altar serving or choir will apply

2. Reflections on works performed

Questions to help write the Reflection Essay

The essay must be at least 5 well thought out and written paragraphs

Why did I choose the organizations I served?

What interested me about them? Will I continue to serve them?

What did I find most fun?

What did I find most challenging?

How many different kinds of works did I choose?

What did I learn about the world?

What did I learn about myself?

How was I able to demonstrate the love of Jesus to others?