

Discipleship Works and Reflection Guidelines

Ten hours of works of mercy **and a 5 paragraph reflection essay** are due by
Be sure to record your service hours on the Discipleship Hours Form.

If you have questions or have other service projects
in mind to add to the list, please call the Religious Education Office for approval at
(703)-280-1122 or email Laura Mead at lmead@stambroseva.org

(Babysitting or other service within your family that would normally be 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 leg work for you!
- ✓ Make service a permanent aspect of your life!

Opportunities to serve

St. Ambrose Catholic Church- For opportunities to serve at St Ambrose Parish contact Mrs.Mead lmead@stambroseva.org or Mrs Ryan CYM@stambroseva.org

Catholic Charities 200 N. Glebe Road, Suite 506 Arlington, VA 22203
Phyllis Johnson Volunteer Coordinator (703) 841-3836 pjohnson@ccda.net
Web site: www.ccda.net

Christ House 131 S. West Street Alexandria, VA 22314 (703) 549-8644
Web site: www.ccda.net/volunteer.php

Fairfax FISH (For Immediate Sympathetic Help) (703)978-0280
fairfaxfish@yahoo.com Web site: www.fairfaxfish.org

Koinonia Foundation 6037 Franconia Rd Alexandria, VA 22310
(703) 971-1991 Web site: www.koinoniacares.org

Missionaries of Charity 3310 Wheeler Rd SE Washington, DC 20032-4128
(202) 562-6890

St. Martin de Porres Senior Services 4650 Taney Ave. Alexandria, VA 22304 (703) 751-2766
Web site: www.ccda.net/programs_elderly.php

40 Days for Life Jacinta Whittaker, **Alexandria** Coordinator, www.40daysforlife.com/alexandria
jacinta.40days@gmail.com (540) 692-0480; Jonathan Darnel, **Fairfax** Coordinator,
www.40daysforlife.com/fairfax,jonathan.darnel@gmail.com,(419) 889-0881

Homestretch Shelter 370 South Washington Street, Suite 400 Falls Church, VA 22046 (703) 237-2035
Web site: www.homestretch-inc.org

Corporal Works of Mercy

Gospel of Matthew 25:35

Feed the hungry

Give drink to the thirsty

Clothe the naked

Shelter the homeless

Visit the sick

Visit those in prison

Bury the dead

Questions to help write the Reflection Essay

*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? **What did I learn about the world? What did I learn about myself?***

Little Sisters of the Poor 4200 Harewood Rd NE Washington, DC 20017-1554 (202) 635-2054
Meg Miller, Volunteer Coordinator, volwashington@littlesistersofthepoor.org
Web site: www.littlesistersofthepoorwashingtondc.org

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

Ronald McDonald House for Northern Virginia Barbara Clarke, House Manager, (703) 698-7080
Web site: www.rmhc.greaterdc.org

Northern Virginia Training Center 9901 Braddock Road, Bldg. 12 Fairfax, VA 22032 (703) 323-4078/4079
Contact: maureen.andretta@dbhds.virginia.gov or marykate.barnett@dbhds.virginia.gov
Web site: www.nvtc.dmhmsas.virginia.gov

Greater DC Cares 1156 15th Street, NW Suite 840 Washington, DC 20005 (202) 777-4441
volunteer@greaterdccaes.org Web site: www.greaterdccaes.org

Habitat for Humanity of Northern Virginia 4451 First Place South Arlington, VA 22204 (703) 521-9890
ext. 111 rkrempasky@habitatnova.org Web site: www.habitatnova.org

Volunteer Fairfax Youth Programs Coordinator, [Christine Coffey](mailto:Christine.Coffey) (703) 246-3825
ccoffey@volunteerfairfax.org Web site: www.volunteerfairfax.org

Lamb Center 3220 Old Lee Highway Fairfax, Virginia 22030 (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 facets@facetscares.org Web site: www.facetscares.org

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

Martha's Table 2114 14th Street NW Washington, DC 20009 (202) 328-6609 info@marthastable.org
Web site: www.marthastable.org

Do Something Web site: www.dosomething.org

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

Alternative House: The Abused and Homeless Children's Refuge (703) 506-9191 Web site:
www.thealternativehouse.org

"We are not some casual and meaningless product of evolution. Each of us is the result of a thought of God. Each of us is willed, each of us is loved, each of us is necessary." - Pope Benedict XVI