



ST. THOMAS OF VILLANOVA

Religious Education Community

The Corporal Works of Mercy

The Corporal Works of Mercy respond to the basic needs of humanity. They are found in the teachings of Jesus and give us a model for how we should treat others. They "are charitable actions by which we help our neighbors in their bodily needs"^(USCCA).

FEED THE HUNGRY

There are many people in this world who go without food. When so much of our food goes to waste, consider how good stewardship practices of your own food habits can benefit others who do not have those same resources. You can donate to a Thanksgiving or Christmas food drive so everyone can have something to eat.

GIVE DRINK TO THE THIRSTY

Many people do not have access to clean water and suffer from the lack of this basic necessity. We should support the efforts of those working towards greater accessibility of this essential resource. You can donate to organizations that help build wells for water for those in need, or simply make an effort not to waste water.

SHELTER THE HOMELESS

There are many circumstances that could lead to someone becoming homeless. Christ encourages us to go out and meet those without homes, affirming their worth and helping them seek a resolution to the challenges they face. Volunteer at our local PADS site or donate blankets to a homeless shelter.

VISIT THE SICK

Those who are sick are often forgotten or avoided. In spite of their illness, these individuals still have much to offer to those who take the time to visit and comfort them. You can spend time volunteering at a nursing home, or visit with a sick or elderly family member.

VISIT THE PRISONERS

People in prison are still people, made in the image and likeness of God. No matter what someone has done, they deserve the opportunity to hear the Word of God. Here at St. Thomas we have a Kairos Prison Ministry.

BURY THE DEAD

Funerals give us the opportunity to grieve and support others during difficult times. Through our prayers and actions, we show our respect for life, which is a gift from God. You can pray for someone who has recently lost a loved one or send them a card.

GIVE ALMS TO THE POOR

Donate money to organizations that provide support and services for those in need. You can support organizations that put people in need first.



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The Spiritual Works of Mercy

The Spiritual Works of Mercy have long been a part of the Christian tradition, appearing in the works of theologians and spiritual writers throughout history. Just as Jesus attended to the spiritual well-being of those he ministered to, these Spiritual Works of Mercy guide us to "help our neighbor in their spiritual needs" (USCCA).

COUNSELING THE DOUBTFUL

Everyone has moments of doubt in their faith journey. Nevertheless, we should always remember that Christ is the Way, the Truth, and the Life and turn to him along our way. You can help a friend who is struggling by helping them see that God is at work in all things.

INSTRUCTING THE IGNORANT

Learn about our faith and be open with it to others. Remember that there is always something more to discover about our faith. Go on a service trip or mission trip. Donate to or support someone on their service trip.

ADMONISHING THE SINNER

Do not judge but be supportive in helping others who need help finding their way. When you correct someone, don't be arrogant. We are all in need of God's loving correction.

COMFORTING THE SORROWFUL

Comfort those who are dealing with grief. Even if we aren't sure of the right words to say, our presence can make a big difference. Make a home-cooked meal for a friend who is facing a difficult time or send them a card.

FORGIVING INJURIES

Forgiving others is difficult at times, but Jesus teaches us that we should forgive as God forgives. Saying sorry is something we learn as kids, but how often do we really mean it? Forgiving means reconciling with someone and this is often more difficult than just accepting someone's apology.

BEARING WRONGS PATIENTLY

Do not be bitter about wrongs done against you. Frustrated with someone? Step away from the situation, take a few deep breaths, pray the Our Father, asking God for patience. Refrain from posting negative thoughts against someone who has wronged you on social media. Take time away from outlets that encourage gossip.

PRAYING FOR THE LIVING AND THE DEAD

Prayer is one of the most powerful ways we can support others. Challenge yourself to pray every day.