

# SERVIAM!

“I will serve!”

*“Don’t let anyone look down on us because we are young, but let us set an example for the believers in speech, in life, in love, in faith, in service, and in purity.” – adapted from 1 Timothy 4:12*

---

## SFA MIDDLE SCHOOL SERVICE REQUIREMENTS

Luke 22:26-27 Jesus said to them, “... the greatest among you should be like the youngest, and the one who rules like the one who serves. For who is greater, the one who is at the table or the one who serves? Is it not the one who is at the table? But I am among you as one who serves.”

Eph. 2: 10 “It is God himself who has made us what we are and given us new lives from Christ Jesus; and long ages ago he planned that we should spend these lives in helping others.”

James 2:17 “So you see, it isn’t enough just to have faith. You must also do good to prove that you have it. Faith that doesn’t show itself by good works is no faith at all—it is dead and useless.”

Luke 12: 48 “Much is required from those to whom much is given, for their responsibility is greater.”

### **Standards and Benchmarks to satisfy:**

#### **Standard 6: The student will participate in the development of Christian Community.**

##### **S6B1: Demonstrate knowledge of and participate in the Church’s tradition of service.**

Gr. 6: List the Corporal Works of Mercy and show evidence of how they apply to own daily life.

Gr. 7: Locate evidence of the Corporal Works of Mercy in Scripture, current events and school community.

Gr. 8: Justify how service projects connect to the Corporal Works of Mercy.

##### **S6B2: Define and participate in the stewardship tradition of Catholic teaching.**

Gr. 6: List the Corporal Works of Mercy and show evidence of how they apply to own daily life.

Gr. 7: Locate evidence of the Corporal Works of Mercy in Scripture, current events and school community.

Gr. 8: Justify how service projects connect to the Corporal Works of Mercy.

##### **S6B3: Participate in the Church’s teaching on the stewardship of time, talent and treasure.**

Gr. 6: Develop and accomplish a plan for stewardship of talent; e.g., play for younger children, artwork.

Gr. 7: Develop and accomplish a plan for stewardship of time; e.g., walk-a-thon, food drive, tutoring, yard work.

Gr. 8: Develop and accomplish a plan for stewardship of treasure; e.g., fundraiser, tithing.

##### **S6B4: Articulate the principles of social justice.**

Gr. 6: Define social justice.

Gr. 7: Explain each of the principles of social justice:

- Life and Dignity of the Human Person
- Call to Family, Community, and Participation
- Rights and Responsibilities
- Option for the Poor and Vulnerable
- The Dignity of Work and the Rights of Workers
- Solidarity
- Care for God’s Creation

Gr. 8: Apply the principles of social justice

**Hours Required:** (for the remainder of 2008, only half of these hours will be required as we are starting at the semester break.)

6<sup>th</sup> Grade: 6 hours per year

7<sup>th</sup> Grade: 8 hours per year

8<sup>th</sup> Grade: 10 hours per year (these are in addition to service hours required for Confirmation.)

### **Purpose:**

As a Catholic School, it is important to remember that Jesus taught us to love and serve one another. We attempt to live Christ's teachings by implementing into our religion class, service hours that will connect each student to the obligation of good works. These hours can be filled by participation in the activities listed below. Qualifying activities are all outside of your home, outside of things we do during our school day, and are also outside of our St. Francis of Assisi Church community. (eighth graders will have an opportunity to serve our church through their Confirmation classes.) Any listed activity will not need pre-approval. If you wish to obtain service hours through participation in an activity that is not listed, pre-approval must be obtained from your religion teacher BEFORE you undertake the activity. Please note: service within your own home or family or within our church will not receive approval. The object is to get the students involved in serving our greater community and world. Remember, service can include service to your environment, service to God's creatures and service through civic opportunities as well.

### **Opportunities:**

There are 2 types of activities offered:

- 1) Individual or group activities that are independent.
- 2) Periodic school led/driven activities.

### **Independent Activities:**

These are service hours that you obtain independent of any supervision or involvement by your religion teacher. You will need to initiate and carry out these service opportunities on your own:

**1) St. Joseph's Emergency Family Shelter:** 1535 11th St., Des Moines, Iowa 515-282-1235 This is a family shelter run by the Catholic Diocese of Des Moines. It is the only homeless shelter in Polk County where an entire family can stay together. They usually average 20 people, many of whom are children.

### **Volunteer Opportunities**

- Make a dinner and deliver to the shelter
- Make a breakfast and deliver to the shelter (frozen egg casseroles, quick breads, muffins, coffee cakes, fruits etc.)
- Have a fundraiser (see below) to purchase or collect items for the shelter

#### **Donations Needed**

- Bus Tokens (available at Dahl's and HyVee: \$12 for 10 tokens)
- Double (flannel) and twin sheets
- Plastic twin & full size mattress covers and plastic pillow protectors
- Full size quilts or bedspreads
- Towels & bath mats
- Phone cards
- Household furnishings: Especially beds, dressers, table and chairs and dressers.
- Dishes, pots, pans, utensils, glasses, silverware
- Diapers & baby wipes
- Children's Tylenol and thermometers
- Children's socks and underwear
- Personal care products (feminine hygiene, shampoo, soap, deodorant, lotion, toothpaste & brushes)
- Adult Tylenol, ibuprofen, antacids, lip balm
- All paper products, toilet paper, paper towels, napkins
- Disposable cups and plates- no styrofoam please
- Bleach and Lysol
- Laundry soap
- Postage
- Food items- sugar, coffee, tea, orange juice, canned goods
- Florescent light bulbs- 100 & 60 watts

**2) St. Mary Family Center:** 1815 Hubbell Avenue, Des Moines

(515)262-7290 The center is also run by Catholic Charities and provides emergency financial assistance, personal care items, baby items (diapers, formula, etc.) and clothing. The large number of dedicated volunteers allow the center to serve over 1,000 families each month. Volunteers prepare food boxes, unload trucks, sort and pick up donations, and serve at the reception desk.

### **Volunteer Opportunities**

- Preparing food boxes
- Unloading trucks
- Sorting donations
- Have a fundraiser (see below) to purchase or collect items for the shelter

#### **Donations Needed**

- Diapers, baby wipes
- Infant formula
- Baby food
- Personal hygiene products: soap, shampoo, tooth paste, deodorant, feminine products, etc.

**\*Please Note: All donations must be dropped off when the facility is open. Hours are 10:00 a.m. to 3:30 p.m. Mon-Fri.**

**3) Visit a nursing home**, senior care facility, or assisted living and spend time with a resident(s) there. You could take a basket of things with you to do: play bingo or another board game, read aloud to them, put together a puzzle, do arts and crafts, give manicures, play a musical instrument for them, put on a talent show, play cards, sing, take stationery and write a letter for them, buy fleece big enough for a lap blanket; precut it for a tie blanket, and tie it there with the resident and enjoy! This would be a great activity to do in a small group. Be sure to call ahead and make arrangements. Start by asking for the activities director when you call. Here are a few local nursing homes:

**Bishop Drumm Care Center**  
5837 Winwood Drive  
Johnston, Iowa 50131  
515-270-1100

**Deerfield Retirement Community Inc.**  
13731 Hickman Rd  
Urbandale, IA 50323  
515-267-0438 (ask for the assisted living or the skilled care unit)

**The Village at Legacy Point**  
515-987-4100  
1645 SE Holiday Crest Circle  
Waukee, Ia 50263

**Fountain West Health Care Center**  
515-223-1223  
1501 Office Park Rd  
West Des Moines, IA 50265

**Arbor Springs Of West Des Moines**  
515-223-1135  
7951 EP True Parkway  
West Des Moines, IA 50266

**4) The Connection Café** : The Connection Café, 600 6<sup>th</sup> Ave, is a free lunch program established by four of the Downtown Des Moines churches (St. Ambrose, St. Paul, St. John and First United Methodist).

Approximately 200 lunches are supplied from 12:00 to 1:00 p.m. to the homeless and low-income population downtown every Monday, Tuesday, Wednesday, Friday, and Saturday, year-round.

You may volunteer to prepare sandwiches, serve the lunch, or provide the supplies at the Community Center at 7<sup>th</sup> and Grand Avenue. In addition, any and all tax-deductible monetary donations are greatly appreciated. Limit group to 8 or less and must have an adult chaperone. Arrive between 11:30-11:45 to be trained. Call ahead to schedule. Call Rob Hoover 771-1481 or email at [theconnectioncafe@hotmail.com](mailto:theconnectioncafe@hotmail.com).

**5) Kids Against Hunger**: Located at Holmes Automobile on I-80/35 & Hickman Road in Clive from 10 a.m. until 12 p.m. every Saturday.  
ph: (515) 253-3049 [www.kidsagainsthungerdsm.org](http://www.kidsagainsthungerdsm.org)

Every Saturday from 10 am to noon at Holmes Automobile in Clive, Kids Against Hunger™ volunteers devote their time and energy to help bag life-saving food. Kids Against Hunger™ packages a dry rice-soy casserole fortified with 21 essential vitamins and nine minerals, dehydrated vegetables and chicken flavoring. These food bags are sent to hungry children around the world. Go to [www.kidsagainsthungerdsm.org](http://www.kidsagainsthungerdsm.org) to register to volunteer. (Packaging held at the Collision Center).

On the date of your scheduled event, go to the packaging facility at Holmes Automobile in Clive. When you arrive at the facility you will be met by a staff member in the reception area and asked to register. You will then be taken to the packaging area and directed to your workstations. A Kids Against Hunger staff person will explain the packaging process. The simple process is manual, and you don't need to be 'handy' or have any special skills to take part. All the tools and materials you will need will be set up and waiting for you.

## **6) DMARC Food Pantry “Sack Saturday”:**

The DMARC *Emergency Food Pantry* [EFP] serves thousands and thousands of individuals and families seeking nutritious food from one of its neighborhood distributions sites. You can help by spending just a few hours one weekend (on a Saturday) at a grocery store encouraging shoppers to purchase basic food items for the EFP *Red Barrel* located in that store. You and/or your group spends 2-4 hours encouraging shoppers to support the *Emergency Food Pantry*. Through your help, DMARC receives needed food items that will be quickly placed into the hands of those most in need of help.

Contributions made by shoppers at local grocery stores are crucial to helping DMARC fulfill its mission of serving the needy in our community. They seek volunteers who will make this small time commitment (2-4 hours) on a Saturday. DMARC provides the training and tools that will make your efforts successful! Training takes 15 minutes and can be done before you start at a store. You will "feel good" and "make a difference" for local families in need. Contact them today, and see just how easy it is to help. **Contact Person:** Lyrio Read, Administrative Assistant phone: 277-6969 or email [info@dmreligious.org](mailto:info@dmreligious.org)

**7) Central Iowa Shelter and Services (formerly Churches United Shelter)** is located at 205 15<sup>th</sup> Street in Des Moines. It is an overnight shelter that provides an evening meal and overnight sleeping space for 120 people each night. St. Francis has been doing 2 monthly meals at the shelter for many years. The meals are done on the 9<sup>th</sup> and 10<sup>th</sup> of each month. Parishioners organize, cook, buy supplies, and serve this meal for 120. You can help by serving the meal at the shelter. At 5:45 in the South church circle drive, church volunteers begin loading their cars with the food and supplies and transport it all to the shelter. They unload and set up a serving line and serve from 6:30 to 7:30. Contact Michelle Goodman at 453-8323 if you are wanting to help.

**8) Salvation Army Bell Ringing during the holidays:** The Salvation Army - Des Moines Office, 1000 Illinois, Suite A , Des Moines, IA 50304 Tel: 515-282-3599 or go to: [www.ringbells.org](http://www.ringbells.org) (You can register to volunteer at a store of your choice online.)

Each year, The Salvation Army engages in the tradition of "staffing the kettles" at most local stores to promote the plight of the needy in Polk County. This practice is critical to The Salvation Army's causes such as feeding the homeless and those in local shelters, sending children to our local day camp, providing infant care items of diapers, formula, cribs and car seats, providing families utility and rent assistance, and providing gifts and visits to senior citizens confined to nursing homes. The Salvation Army of Polk County assists over 31,000 people annually.

**9) Provide baked goods to a local hospice:** Hospices provide care to those who are in their last days of life. Families spend a great deal of time at the hospice to be near their loved ones during their final days. You can bake and provide homemade cookies, muffins and/or quick breads (lemon, pumpkin, spice, banana, etc.) to the hospice to feed these families. Call before delivering.

Hospice of Central Iowa's Kavanagh House, 900 56th Street, Des Moines, Iowa 50312 (515) 255-0857.

Hospice of Central Iowa's Kavanagh House, 1821 Grand Avenue, West Des Moines, Iowa 50266 (515) 327-1172

Iowa Health's Taylor House Hospice, 3401 East Douglas Avenue, Des Moines, Iowa 50317 (515) 557-3111

**10) Meals-on-Wheels** (515-288-3334) Deliver to Generations Incorporated, 944 18th Street, Des Moines, Iowa. Raise money and use proceeds to make "**Blizzard Bags**". In the event of inclement weather, **Blizzard Bags**, (non-perishable food items such as soup, peanut butter, tuna, pudding, etc.) are given to each Meals on Wheels client. Volunteers donate all items for the **Blizzard Bags** and package in individual bags for delivery. Donations are taken to Generations Incorporated. Go to: <http://www.generationsincorporated.org/PdfFiles/Blizzard%20Bags.pdf> for instructions on how to assemble the **Blizzard Bags** and where to deliver them.

**11) Ronald McDonald House**, 1441 Pleasant Street, Des Moines, IA 50314 Phone: 515-243-2111. The Ronald McDonald House is a "home-away-from-home" for families whose child is being cared for in area hospitals. The House was developed to provide a homelike atmosphere for families facing the stress of medical treatment for their child. Families are able to share their concerns and experiences with others facing similar circumstances. There are many ways you can help the Ronald McDonald House including making brownies or cookies, providing dinner for the families, planting and watering flowers, pulling weeds and raking leaves. Make Thanksgiving decorations for the doors, bring in Valentine cookies, or provide Easter baskets for the families, clean the house, assemble baskets of personal care items, or collect items needed by the house. Go to [www.rmhdsmoines.org/ourHouse.htm](http://www.rmhdsmoines.org/ourHouse.htm) to see a list of needed items.

## **School Led Activities**

Your religion teacher will periodically notify you of activities that will qualify for service hours that may be done as a large group. These may take place both on our school campus and away from our school campus.

### **Fundraising**

**You may ask “How can I, as a middle schooler, organize a fundraiser?”**

Really, it is simple. First of all, you need to set a realistic goal. Don't expect to raise hundreds of dollars. Twenty dollars can go a long way to help people in need. The main idea is that YOU do the work to raise the money or the donations. If you fundraise with friends, you may raise more money.

All of your proceeds (after expenses) need to be donated to a charitable organization or used to buy something that the charitable organization needs such as items for St. Joe's Shelter or the makings of Blizzard Bags for Meals on Wheels. Be sure to promote your fundraiser by telling people (in your signs, emails, etc.) what organization you are helping. Here are a few ideas:

- Have a lemonade or cookie stand or a bake sale.
- Conduct a drive for mittens, books, cleaning supplies, toiletries, cooking utensils, linens, school supplies etc. Send out a few emails and give people a certain day to leave donations on their front porch where you will pick them up.
- Have a pop can drive and communicate using e-mail as suggested above.
- Make something and sell it such as fleece tie blankets, layered cookie mixes in a jar, Christmas ornaments, bagged or jarred snack mixes, rosaries, greeting cards, scarves, magnets, etc.
- Organize a spelling bee, read-a-thon, walk-a-thon, math quiz bowl etc. where your participants take pledges.
- Host a “Board Game Night”, “Bingo Night” or “Card Party Night” where invitees pay a set amount to come over to play games for the evening. Have snacks too!
- Throw a “birthday party” where invitees bring items needed to host a birthday party such as wrapping paper, cake mixes, birthday candles, unused birthday cards, balloons, streamers, etc. and give the donations to a charitable organization. You could also do this to collect supplies for other

holidays and events such as Easter, Christmas, a baby shower, back-to-school night, etc.

- Host a talent show or musical concert with your friends and charge a small admission.
- Give manicures or pedicures to friends and families and charge a small price.
- Offer to rake, mow, weed, shovel etc. for a small fee.
- Host a backyard free-throw contest, baseball pitching competition, putting contest, etc., and charge a small fee for entrants participation.
- Make homemade treats such as cookies, bars, snack mixes etc. Put them in a shoebox and prepackage them to mail to college students. Sell them to friends and families with college students...be sure to take pre-orders!
- Have a car wash in your driveway...advertise by email, flyers, and good, large signs.

Go to [www.thevolunteerfamily.org](http://www.thevolunteerfamily.org) for lots of other great ideas about volunteering and fundraising ideas.

## **Record Keeping**

You will be responsible for keeping track of your service hours. You will need to fill out the Service Log and turn it into your religion teacher. You may fill out more than one log; you may use one for each project if you wish.

Your service hours need to be verified by a responsible adult who is not a family member. If you have done fundraising, have a person at the charity where you donate your goods or proceeds sign your log even for the hours you spent in the fundraising.

You will need to complete  $\frac{1}{2}$  of the required hours by the end of the first semester.

Any above- listed activity will not need pre-approval. If you wish to obtain service hours through participation in an activity that is not listed above, pre-approval must be obtained from your religion teacher BEFORE you undertake the activity. You will need to fill out the form: **“Proposal for Pre-approval of Service Hours”** and turn it in to your religion teacher. You will likely not get it back the same day, so you need to plan ahead. Please note: Service to your own home (such as washing dishes, making beds, etc.) or family (such as babysitting) or within our church will not receive approval.

Take photos of your work/participation so that we can do a compilation of St. Francis Middle School “GOOD WORKS” at the end of the each semester.

**Enjoy your service work and know that YOU can be the change you wish to see in the world!**

# SERVIAM!

“I will serve!”

*“Don’t let anyone look down on us because we are young, but let us set an example for the believers in speech, in life, in love, in faith, in service, and in purity.” – adapted from 1 Timothy 4:12*

---

## **ST. FRANCIS MIDDLE SCHOOL:** **Proposal for Pre-approval of Service Hours**

If you wish to obtain service hours through participation in an activity that is not listed in our service requirement information, pre-approval must be obtained from your religion teacher BEFORE you undertake the activity. Fill out this form. Turn it in to your religion teacher. You will likely not get it back the same day so you need to plan ahead. Please note: service to your own home (such as washing dishes, making beds, etc.) or family (such as babysitting) or within our church will not receive approval.

Today’s Date: \_\_\_\_\_ Name: \_\_\_\_\_

Grade: \_\_\_\_\_ Religion Teacher: \_\_\_\_\_

Name and address of charitable organization I would like to serve: \_\_\_\_\_

---

I would like to serve this organization by doing the following: \_\_\_\_\_

---

---

---

---

---

Number of hours it would involve: \_\_\_\_\_

Why I think this should count towards the fulfillment of my service hours:

---

---

---

---

---

REQUEST IS: accepted \_\_\_\_\_ denied \_\_\_\_\_

Teacher’s signature \_\_\_\_\_

# SERVIAM!

“I will serve!”

*“Don’t let anyone look down on us because we are young, but let us set an example for the believers in speech, in life, in love, in faith, in service, and in purity.” – adapted from 1 Timothy 4:12*

---

## **ST. FRANCIS MIDDLE SCHOOL SERVICE PROJECT** **PARTICIPATION LOG**

**Student**

**Name:** \_\_\_\_\_

<b>Date of service</b>	<b>Charity or Organization Served</b>	<b>Total Hours Served</b>	<b>Signature and Phone # of Responsible Adult*</b>

\* by signing you are verifying that service work was performed for no financial compensation and that you are a non-family member.

**Briefly describe in one paragraph each of your experiences.**

- ❖ **Include who and how your time benefited someone else.**
- ❖ **What did you learn or gain from your experience?**
- ❖ **In what ways did you encounter Jesus in your work?**
- ❖ **To help you reflect, look at the Standards and Benchmarks for your grade level. How did you meet them?**

# **SERVIAM!**

**“I will serve!”**

*“Don’t let anyone look down on us because we are young, but let us set an example for the believers in speech, in life, in love, in faith, in service, and in purity.” – adapted from 1 Timothy 4:12*

---

Please return this signed page to your religion teacher by Tuesday, January 15, 2008!

By signing this we acknowledge that we have read the “SERVIAM!” Service Requirements.

\_\_\_\_\_  
Student

\_\_\_\_\_  
DATE

\_\_\_\_\_  
Parent/Guardian

\_\_\_\_\_  
DATE

\_\_\_\_\_  
Parent/Guardian

\_\_\_\_\_  
DATE

We have the following questions: