

CORPORAL WORKS OF MERCY

HOW YOU CAN BECOME A MISSIONARY OF MERCY BY
MINISTERING TO YOUR NEIGHBOURS' PHYSICAL NEEDS

1 FEED THE HUNGRY

- Feed your own family!
- Assist at a soup kitchen.
- Donate to a local charity which feeds the homeless.
- Invite a neighbour who lives alone to a home-cooked meal.
- Leave a hot cross bun or similar treat for your garbage collector or postie.

2 GIVE DRINK TO THE THIRSTY

- Donate beverages to a social gathering.
- Bring a cool drink to someone on a hot day.
- Donate to a clean water charity.

3 CLOTHE THE NAKED

- Donate clothes to the St Vincent de Paul Society.
- Make sure everyone in the family is adequately clothed.

4 SHELTER THE HOMELESS

- Work in or support a homeless shelter.
- Plant a tree which will provide shade.

5 VISIT THE SICK AND IMPRISONED

- Visit someone in hospital — in person, or by phone, letter, or email.
- Become a voluntary companion for an elderly person.
- Offer to babysit for someone who is sick.
- Offer to buy groceries or other chores for a housebound neighbour.

6 RANSOM THE CAPTIVE

- Offer to help someone who needs time off.
- Provide free baby sitting to young parents so that they can go on a date night.
- Help a teacher, parent or neighbour so they can relax.
- Offer to write letters for someone who can't.

7 BURY THE DEAD

- Tend to a neglected grave.
- Put past offenses to rest.
- Offer aid of any sort to survivors.

SPIRITUAL WORKS OF MERCY

HOW YOU CAN BECOME A MISSIONARY OF MERCY BY MINISTERING TO YOUR NEIGHBOURS' SPIRITUAL NEEDS

1 INSTRUCT THE IGNORANT

- Tutor someone or share your skills and knowledge.
- Donate excess books to a library or charity.
- Recommend — or even give — to a friend a book or article which has moved you.

2 COUNSEL THE DOUBTFUL

- Listen attentively to friends who confide in you without loading your own problems on to them.
- Befriend someone new.

3 ADMONISH SINNERS

- Tactfully correct a close friend.
- This work of mercy must be done in union with the spiritual works of mercy related to patience, forgiveness and comfort, and with sensitivity to the one being corrected.*

4 BEAR WRONGS PATIENTLY

- Present a small gift to someone who annoys you.
- Bear an unjust criticism in silence, in union with Christ as he was tried by Herod and Pilate.

5 FORGIVE OFFENCES

- Bless — repeatedly, day after day — people who have wronged you.
- Pray for friends who are struggling to forgive someone.
- Sincerely speak well of someone who has hurt you.

6 COMFORT THE AFFLICTED

- Offer a listening ear or a shoulder to cry on.
- Send a sympathy card.
- Spend time with someone who needs cheering up. Perhaps buy them a coffee or go to the cinema with them.
- Share an amusing comic or good joke.
- Smile and greet strangers you pass in the supermarket.

7 PRAY FOR THE LIVING AND THE DEAD

- Arrange Mass offerings for the souls in Purgatory.
- Pray the rosary for the intentions of a friend or relative.
- Sprinkle holy water over a grave.