

The Practice of Loving Service

“Have a deep compassion for people. To be able to have a heart full of compassion, we need to pray.”
Mother Teresa of Calcutta

Praying with Sacred Scripture (Lectio Divina)

- A. **READ** – What word or phrase speaks to your heart?
- B. **REFLECT** – What message is God sharing with you?
- C. **RESPOND** – What thought, feeling or prayer rises within you?
- D. **REST** – Listen once again to the reading of the scripture. When the reader has finished, simply sit and rest in the presence of the word of God. Let this be one minute of silence.
END this prayer time by softly and slowly praying the “Our Father”.

The Gospel of John 13:12-14

¹²After Jesus had washed their feet, he put his outer garment back on and returned to his place at the table. “Do you understand what I have just done to you?” he asked. ¹³“You call me Teacher and Lord, and it is right that you do so, because that is what I am. ¹⁴I, your Lord and Teacher, have just washed your feet. You, then, should wash one another’s feet. ¹⁵I have set an example for you, so that you will do just what I have done for you.

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THE SERVANT HEART

Arnold Billie is a rural mail carrier in southern New Jersey. For the last quarter century his daily route has taken him sixty-three miles through two counties and five municipalities. Mr. Billie not only delivers mail, he brings personal service. Anything you can get at the post office you can get from Mr. Billie—stamps, money orders, and pickup service. All the customer has to do is leave the flag up on the mailbox. One elderly woman has trouble starting her lawn mower, so when she wants to use it, she leaves it by her mailbox and Mr. Billie starts it when he arrives.

(Unlimited Illustrations, QuickVerse 2006)

SEVENTH GRADE SERVICE HOURS Name _____

Reflections on Loving Service: Service Project _____ **Date:** _____

Directions: Respond to the following questions for one act of service that you did. Do this for at least three different acts of service. These reflections need to be typed (computer, etc.), spellchecked and neatly done. Answer each question using full sentences. (Example on reverse side.)

1. What act of service did you perform and for whom did you do it? Describe in detail. Explain as a narrative.

2. What was your intention for doing this service? Were you able to keep this intention throughout the time it took you to do the service? In others words, do you see God in the person you are serving? Do you see God in yourself? (Through our Baptism God dwells within each of us.)

3. On what or whom did you put your attention? Were you able to keep your attention on what you were doing for the time you did it? If not, what distracted you? Were you able to keep your attention on the person you were serving? If not, what distracted you? Did you use an active prayer sentence?

4. Why would you consider this an act of Loving Service? Name the Fruits (signs) of the Holy Spirit that were present.

NOTE: Use a separate sheet of paper for each reflection. You need to reflect on three different service projects. This is a total of three reflections sheets. Attach these reflection sheets to your Service Hour Log when you turn it on or before April 23, 2012.

CANDIDATE'S NAME: **JONATHAN DOE**

SERVICE PROJECT NAME: **WASHED POTS AND PANS**

DATE COMPLETED: **SEPTEMBER 25, 2009**

1. My family had a Birthday party, at our house, for our grandmother Doe, who turned 70 years old. My mother did all the cooking and I helped with the clean up which included washing all the pots and pans. My Mom had made a big roast and beautiful birthday cake. I had plenty of pots and pans to wash. I had to soak the pans first in warm soapy water and then I scrubbed them with a brush until they were clean. I dried them with a towel and then put them back in the cupboard.

2. I choose this particular service because it helped my mother prepare for grandma's birthday. It was also a way that I could honor my grandmother's special day by helping with the party. My grandmother, my mother, and all who attended benefited from this service. It was also a way of showing my love for God who created all of us out of love. God also celebrates each of our lives. My INTENTION was to show love to God through loving my grandmother and family by serving them.

3. Though I do not enjoy washing pots and pans I paid close ATTENTION to what I was doing. I know for sure that these pots and pans were very clean and shining because I didn't miss anything. All my ATTENTION was on them. My mother was very proud of the excellent job I did.

4. This was an act of Loving Service because God was present in the wonderful celebration we had for my grandmother. It was a day full of JOY. I don't enjoy washing dishes at all but this was a way of my giving something to this celebration. I was being GENEROUS with myself and my time. It was hard work and I had to be PATIENT since some of the pots did not clean easily. But in the end it was worth it. I love my grandmother, my family. I am loving God through loving and serving them.

Additional Guidelines for writing a Christian Reflection Paper

- **Develop a close friendship with Christ.** This is done through prayer, reading sacred scripture (Bible), and receiving the sacraments (Eucharist and Reconciliation) regularly. Pray with the scriptures (Praying with the Bread of Life) so that you will become more sensitive to the Mind of Christ. When you look at the world and people in your life, do you see them with the eyes of Christ?
- **Do what Jesus asks all Christians to do.**

WORKS OF MERCY

Corporal works:

To feed the hungry.
 To give drink to the thirsty.
 To clothe the naked.
 To visit the imprisoned.
 To shelter the homeless.
 To visit the sick.
 To bury the dead.

Spiritual works:

To admonish the sinner.
 To instruct the ignorant.
 To counsel the doubtful.
 To comfort the sorrowful.
 To bear wrongs patiently.
 To forgive all injuries.
 To pray for the living and the dead.

- **Recognize the Fruits of the Holy Spirit.**

As one grows spiritually in the Catholic Faith others will begin to recognize the presence of the Holy Spirit in one's life by the fruits (signs) of the Holy Spirit. Look for these signs yourselves in others and in the service hours that you do.

When you reflect on a particular service project, ask yourself, "Did I experience any of these signs?"

FRUITS (SIGNS) OF THE HOLY SPIRIT

Charity	Joy	Peace	Patience
Kindness	Goodness	Generosity	Gentleness
Faithfulness	Modesty	Self-control	Chastity

- **Use the Gifts of the Holy Spirit.** By our Baptism the Spirit of God dwells within each Catholic person. The power of the Spirit is available to us.

GIFTS OF THE HOLY SPIRIT

Wisdom	Understanding	Knowledge	Right Judgment
Courage	Reverence	Wonder and Awe	

- **Have you ever asked yourself, "What is love?" God answered...**

Love is patient and kind; it is not jealous or conceited or proud; love is not ill-mannered or selfish or irritable; love does not keep a record of wrongs; love is not happy with evil, but is happy with the truth. Love never gives up; and its faith, hope, and patience never fail. Love is eternal. *1 Corinthians 13:4-8*

- **To recognize more signs of the Holy Spirit in one's life, get out your Bibles and turn to the Gospel of Matthew, Chapter 5, verses 3-10, and read the BEATITUDES.**