

WORKS OF MERCY BULLETIN BOARD

This bulletin board includes creative ideas for practicing the Works of Mercy, drawn from our *Disciple of Mercy Journal*.

This file includes the 14 Works of Mercy and some board accents that will print well in black and white or in color.

This download also includes a separate file with the top banner called "WoM-Title.pdf." To print the board title, open this file in Adobe Reader. Hit "Print." Under the menu options displayed, select the "Poster" print option. This will print the title as a series of tiles for you.

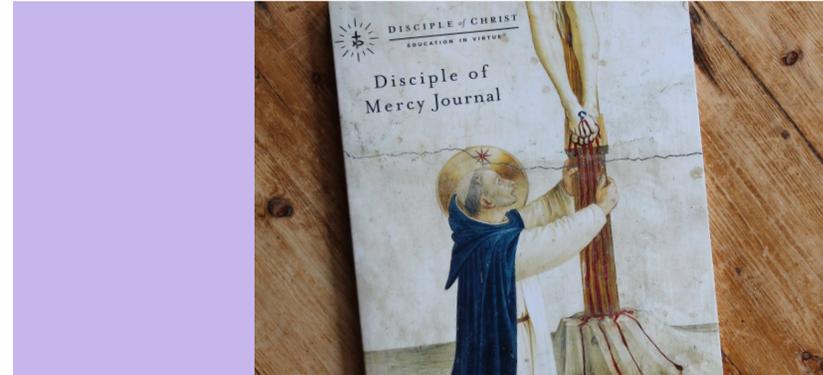
Enjoy your beautiful and easy bulletin board from *Disciple of Christ | Education in Virtue*®!



DISCIPLE of CHRIST
EDUCATION IN VIRTUE®

A bulletin board you'll actually USE!

Order the *Disciple of Mercy Journal* for your class or group and embark on a 12-week voyage into the Heart of Mercy!



Focusing on mercy helps attune our hearts to that of God, the Merciful Father. Discover more ways to practice mercy, Saints who trailblazed in the works of mercy, and what God says to us about mercy and being merciful in His Word.

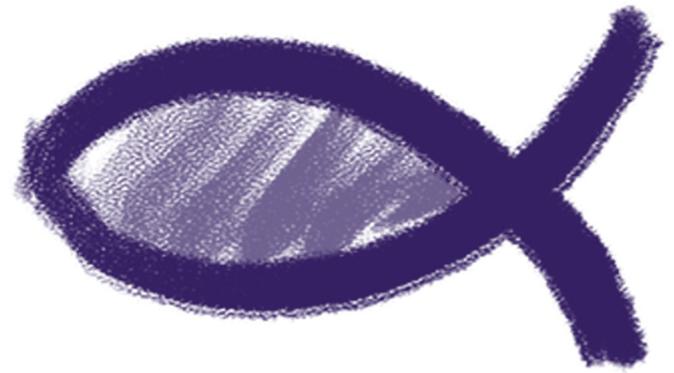
- 12-week cycle focuses on one Scripture passage each week, helping you to establish the pattern of daily prayer
- Integrates knowledge of the virtues, capital sins and creative, daily living of the works of mercy.
- Teenagers and adults love the chart which lists capital sins, manifestations of those sins and which virtues to cultivate to work on those sins.
- 140 pages, full color.
- Intended for junior high, high school, and adults



\$12.95

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BOARD ACCENTS





GIVE FOOD TO THE HUNGRY

- Pack a lunch for someone in your family.
- Serve with your family at a soup kitchen or offer to bring a meal to a shelter.
- Say “thank you” to those who serve you food today.
- Learn the names of the maintenance and cafeteria workers.
- If you’re sharing a treat, give away the better portion.
- Deliberately leave the best food option for someone else at lunch or snack time.
- Eat something you do not like that you are tempted to throw away.
- “Clean your plate” at dinner rather than wasting food.
- Fast from a treat you like to remind yourself to hunger for God.
- Save the money from fasting and donate to help feed the hungry, such as buying items for canned food drives or donating to missions that help the physically hungry.
- Pray for vocations to the priesthood that God may continue to feed us with the Bread of Life.

GIVE DRINK TO THE THIRSTY

- Pick up milk or another special drink (juice, tea, coffee) for a shut-in.
- Take a shorter shower to save water, and offer up the sacrifice.
- Fast from a favorite beverage treat (such as soda or your morning latte) and donate the money to projects helping to build wells in rural, poor villages.
- Delay getting a drink of water to enter into Jesus' thirst; offer it up for those who don't have water.
- Prayer is the encounter of God's thirst with ours. Quench Jesus' thirst and your own by praying a favorite aspiration (such as "Come, Holy Spirit!" or "Jesus, make my heart like Yours!") throughout the day.
- Offer up a prayer, act of virtue, or sacrifice for the salvation of a soul.
- Satisfy the spiritual thirst of others by leading them to faith, prayer, and teaching them about God.

CLOTHE THE NAKED

- Deny yourself a little comfort by sharing your coat, sweater, or scarf with a peer who has forgotten his or her things.
- Pick up clothing left lying in the school hallway or locker room and put it in the lost and found.
- Knit or crochet hats and scarves for the homeless.
- Donate money or clothing to projects for the needy.
- Fold the laundry for someone else in your home.
- Simplify your wardrobe—think about what you really need and donate some things that are “nice” but not “necessary.”
- Dress up for Sunday Mass.
- Take pride in your uniform (or school dress code) and wear it well.
- Model modest speech. Avoid speaking of or promoting things that are not decent, especially jokes.

SHELTER THE HOMELESS

- Don't complain about cold or heat—offer it up for those who lack shelter.
- Offer to help at a shelter.
- Donate money and goods to Christian refugees.
- Take advantage of sales to buy small toothpastes, soaps, shampoos, socks; donate them to those in need.
- Help organize a fund-raiser for a family adopting a child.
- Show kindness to someone whom you find difficult or unpleasant.
- Invite a peer who is frequently left out to work with you on a group project or to study with you.
- Call someone who you know is lonely or who could use a friend.
- Make a point to make conversation with someone who is not in your everyday circle.
- Introduce yourself to a student you don't know.
- Smile and greet others when you pass them in the hall.
- Sit with someone new at lunch.

VISIT THE SICK

- Make an effort to be aware of other's needs and offer help, such as asking a friend on crutches if you can carry his books for him, or offering to carry groceries for a neighbor with a bad back.
- Offer to make a meal for the family of someone who is sick.
- Call your grandparents or another elderly relative and talk with them.
- Offer to take over a chore for someone in your home who has a headache or a cold.
- Pray for the sick and for their families.
- If you can, visit a nursing home. Offer to pray a rosary, play a game, or read a book with an elderly person to lift his or her spirits.
- Send a "get well" card expressing your prayers when someone you know is very sick or has had surgery.
- When a student is absent, let him or her know that you noticed and missed them.
- Bear illness or pain cheerfully, without complaint, in communion with those who are ill.

VISIT THE IMPRISONED

- Pray for prisoners.
- Read the news and pray by name for the conversion of those involved.
- Allow others to go first.
- Wait in line cheerfully.
- Hold open the door for the person behind you.
- Donate spiritual books, magazines, and newspapers to prison ministries.
- Make rosaries for prisoners. (Check with a prison chaplain first to see what colors and materials are allowed.)
- Offer to babysit for a busy parent and tell the parent to go out and have a couple of hours alone.
- Offer to run an errand (groceries, dry cleaning pickup, dog walking) for a busy parent or homebound person.

BURY THE DEAD

- Venerate a relic or make a pilgrimage to the grave of a saint.
- Provide support (a meal, sympathy, phone calls, etc.) to family of the dying.
- Make a visit to a cemetery.
- Pray for the repose of those who have died today.
- Bring flowers to honor the grave of a loved one.
- Attend wakes and funerals when possible.
- Send a sympathy card to the family of the deceased, expressing your sympathy, prayers, and, if you knew the person, a few kind words about the deceased.
- Participate in Memorial Day celebrations.
- Send a card, flowers, gift, note to someone on the six-month anniversary of his or her loved one's death.

TEACH THE IGNORANT

- Offer to help a peer study.
- Think about what you watch. Does it accord with what you know is good and true? Does it represent the whole truth?
- Offer to help as a classroom aid or catechist at your parish.
- Practice speaking about and sharing your faith.
- Join a Bible study.
- Be generous enough to allow someone to help you; people need to feel needed.
- Help a sibling with his or her homework.
- Follow directions promptly and the first time they are given to you.
- If someone makes a mistake, refrain from laughing or pointing it out to others. Instead practice saying words of encouragement.
- Take time to thank a teacher or someone in authority who gives much of his or her life to serving you.
- Listen attentively even if you are really bored.

COUNSEL THE DOUBTFUL

- Uplift others by kind words.
- Show God's love by smiling at someone who seems fearful.
- Practice listening to others, praying, thinking, and then responding.
- Show God's love for someone by doing a kind and thoughtful act for that person, like sharing a treat or letting them know you're thinking of him or her.
- Acknowledge the accomplishments of others; be quick to give praise or build others up.
- Resist sarcasm or hurtful jokes.
- Advise someone who is doubtful about life, "Pray, hope, and don't worry!"
- If someone you know seems to lack faith, share some of yours — tell him or her how Christ has changed your life.
- Share your conviction of God's love for you with someone having trouble believing in God's love.
- Take the time to ask someone how he or she is doing. Listen to the answer.
- Be generous enough to allow someone to help you; people need to feel needed.

ADMONISH THE SINNER

- Examine your conscience.
- Show kindness to those who do things you know are wrong.
- Thank your parents for disciplining you.
- After prayer, privately confront a friend about harmful or sinful behaviors, choosing the time, place, and words carefully.
- Bear witness to the joy of living as a disciple of Christ by your cheerfulness and compassion.
- Pray, think, and then speak when you are angry.
- Be receptive to a person who admonishes you.
- When conversations turn into gossip, help change the subject.
- Smile when doing a task you find difficult but should do anyway.
- Thank others for rightful correction.
- Be mindful of your behavior online. Is that post designed to improve your image...and leave others feeling bad?
- Speak up when you see an injustice.
- Ask God to increase your desire for the salvation of souls.

BEAR WRONGS PATIENTLY

- Learn to say this prayer: “Dear Lord, bless [annoying person’s name] and have mercy on me!”
- Wait patiently in a long line;
- Answer harsh words gently.
- Remain calm and cheerful while you allow others to make demands on your time.
- Pray, “Jesus, meek and humble of heart, make my heart like Yours.”
- Calmly discuss irritating behavior with the person who is bothering you, seeking to understand rather than change him or her.
- Do something kind and helpful for someone who you don’t get along with, or who has wronged you.
- Take time in prayer to contemplate the good qualities of someone who is difficult for you. Do the same for each member of your family.
- Hold your tongue when a quick comeback is right on its tip.
- Recall a time you were not given a benefit of a doubt, and extend one to someone else.
- Pick up any trash you see (yours or that left by another).

FORGIVE OFFENSES

- Get in the habit of saying the words, “I forgive you” when someone apologizes.
- If you were mean to someone, admit that you were and ask the person to forgive you.
- At the end of the day, ask for (and extend) forgiveness to those you live with. “...do not let the sun set on your anger” (Ephesians 4:26).
- Make a list of your “enemies.” Then, every day, say a prayer for them.
- Learn to review your day before going to bed: recall the ways God showed you his love that day as well as the ways you failed to love like God. Remembering God’s mercy each night helps us to be merciful.
- Ask the Holy Spirit to help you when you cannot bring yourself to pray for someone who has injured you.
- Say “I am sorry.” Be the first to apologize.
- Go to confession.

COMFORT THE SORROWFUL

- Offer someone a listening ear and a compassionate heart.
- Send a sympathy card to someone who has recently lost a loved one
- Try to place yourself in the other person's shoes while listening.
- Give advice to a person who is struggling.
- Smile and greet someone going through a hard time. St. Mother Teresa said, "The road to peace begins with a smile."
- Encourage someone to seek counsel if he or she is overwhelmed.
- Lead with a kind comment with friends as well as strangers.
- Make a gratitude journal. List the things you are grateful for that day.
- Envy is sorrow at the good of another. Admit your envy, both to yourself and your confessor.

PRAY FOR THE LIVING & THE DEAD

- Take a few minutes during the week to stop in the chapel and sit before the tabernacle, simply to be with Christ, the Merciful.
- Be an intercessor for someone else in his or her trials.
- Pray every day for the souls in purgatory. Pray for your dead.
- Actively and audibly participate in the prayers during Mass.
- Pray for the good of someone you dislike.
- Offer to pray with someone.
- Sign up for a Holy Hour to add “prayer support” for a retreat at your parish.
- Visit a local cemetery and walk around praying a rosary for all the souls buried there.
- Have Masses said for the living: friends and family members, even strangers you read/hear about, who are having a hard time.