

The Corporal Works of Mercy*

FEED THE HUNGRY So many people go hungry in our world. Ways we can help include: not wasting food, donating money and food, and offering our services to help others.

GIVE DRINK TO THE THIRSTY Access to clean water is a basic necessity. We can act by not wasting water, giving to overseas clean water projects and supporting efforts to greater accessibility to clean water worldwide.

CLOTHE THE NAKED By supporting charities, such as St Vincent de Paul, we can help people in need. Look out for charities undertaking clothes drives; find a charity that is meaningful to you and volunteer your time or donate.

SHELTER THE HOMELESS We have more people living without a home in Ireland than ever before. We can donate our time and money to helping organisations who work with the homeless locally, regionally, nationally or internationally. The person of Christ serves as our model for how we respond to those who are without a home.

VISIT THE SICK Those who are sick are often forgotten or avoided. Yet they still have much to offer to those who take the time to visit and comfort them. We can take time to be kind to those who are ill, by visiting them, doing some chores for them, phoning them, sending a card, and supporting caregivers.

VISIT THOSE IMPRISONED People in prison are still people, made in the image and likeness of God, and still a person to treat with respect. Not everyone can go to prison to visit but we can pray for prisoners and, on release, not judge them and allow them to start afresh.

BURY THE DEAD Funerals give us a time to grieve and show others support during difficult times. Actions we can undertake include attending the funeral, sending a card, visiting the cemetery and praying for the dead.

The Spiritual Works of Mercy*

COUNSEL THE DOUBTFUL It is normal to have moments of doubt on our faith journey. It means we are thinking and wondering! If you have a doubt, talk about it with someone you know will help you. If someone talks to you, remember to be kind and to share the good news that Jesus is the Way, the Truth and the Life.

INSTRUCT THOSE LACKING KNOWLEDGE Learn about our faith and be open to talking to others about our beliefs. There is always something more to discover about our faith. We can help others in many ways, for example volunteering in parish sacramental preparation, inviting someone to come to Mass with you, learning more about your faith and be willing to share it.

CORRECT SINNERS Without judging, we can be supportive in helping others find their way and correct their mistakes. In humility, when we notice wrong doing we ought to speak up against it.

COMFORT THE SORROWFUL When someone is sad it is a good thing to try to make them feel better. Be open to listening and comforting those who are dealing with grief or sadness. An unexpected visit, card or phone call, can make a difference to someone going through a difficult time.

FORGIVE INJURIES Jesus teaches us about forgiveness. Forgiving others can be difficult because we do not have God's limitless mercy and compassion. But we can ask God to help us to show others God's mercy.

BEAR WRONGS PATIENTLY When people hurt us it can be hard to forgive them and move on. Holding onto the hurt can make us bitter. Instead place your hope in God, asking God for what you need to endure the troubles of this world and face them with a compassionate spirit.

PRAY FOR THE LIVING AND THE DEAD One of the most powerful ways we can support one another is with our prayer. As we pray for the living and the dead we entrust all our intentions into God's care.



A NEW WORK OF MERCY PROPOSED BY POPE FRANCIS

CARE FOR OUR COMMON HOME, THE EARTH.

*ADAPTED FROM THE UNITED STATES CONFERENCE OF CATHOLIC BISHOP

