

What can I do for my Social Awareness Hours?



There are so many ways to get involved in social awareness activities in your area!
Agree your chosen activities with your Award Leader to make sure they qualify for the Award.

Volunteering with Charity Organisations:

- Mary's Meals
- St Vincent de Paul
- Young SVP
- Trócaire
- Pieta Darkness into Light
- Cycle for Suicide
- Mini-Marathon
- Daffodil Day fundraiser
- Charity Cake Sale
- Christmas Shoe Box Appeal
- SVP Collection at Christmas
- Irish Cancer Society fundraiser



Volunteering with the Elderly

- Collect shopping for elderly
- Volunteer with Active Retirement Groups
- Playing music in hospital / nursing homes
- Reading in hospital / nursing homes
- Teach I.T. skills to the elderly
- Assist or arrange Bingo for Seniors



In School:

- Volunteer with students with additional needs
- Volunteer at Homework Club
- European Youth Parliament
- Immersion Programmes
- Assist with Training Junior Teams

Diocesan Outreach:

- Diocesan Kenya Twinning Project
- Fundraising for Christ on the Street
- Little Nellie's Baby Bank Collection

St John Paul II

"The future is in your hearts and in your hands. God is entrusting to you the task, at once difficult and uplifting, of working with Him in the building of the civilization of love."

Volunteering with Local Clubs / Organisations:

- Volunteer in Charity Shop
- Tidy Towns involvement / Community Clean up
- Leader in Scout / Girl Guide / Cubs / Brownies / Ladybirds
- Volunteer at a Dog Shelter
- Youth Club / No Name Club leadership
- Foróige Leadership
- Special Olympics
- GAA mentoring / underage training
- Sports Referee
- Lifeguard
- First Aid course
- Red Cross / Order of Malta
- St John's Ambulance
- Teaching dance / music
- Bag packing in supermarkets
- Music Tuition in community centre



↑ Top-Up Ideas

Award Top-Ups are given in recognition of the extra activities that young people are already involved in and go towards the total number of hours an individual has to complete.

(Gold: up to 6 hours, Silver: up to 4.5 hours, Bronze: up to 3 hours, Papal Cross: up to 7.5 hours)

- JP II Diocesan Retreat Day
- National JP II Award Day (Knock)
- Summer Faith Camps
- Participate in Pilgrimage
- Participate in St Declan's Way Camino
- Attend a Parish Novena / Mission
- Attend a Youth 2000 Retreat

For more info:

Speak with your TY Coordinator / Religion Teacher or Parish Award Leader.

Alternatively you can find more information on:

<https://thepopejohnpauliiaward.com/>

or

www.waterfordlismore.ie/pope-john-paul-ii-awards/



POPE JOHN PAUL II AWARD



Diocesan Guide

"The Church needs your energies, your enthusiasm, your youthful ideals, in order to make the Gospel of Life penetrate the fabric of society, transforming people's hearts and the structures of society in order to create a civilization of true justice and love."

- St John Paul II -



POPE JOHN PAUL II AWARD

What is it?

The Award was created to commemorate the late Pope Saint John Paul II who was so committed to young people and who had such belief and confidence in them.

The Pope John Paul II Award enables young people in the Diocese of Waterford & Lismore to take an active part in the life of their Church – in the life of their community and society. It enables young people to become more aware of the teaching and role of the Catholic Church in the world, and to engage at a deep level with Christ.

The Award is committed to helping young people enhance their spiritual, physical, emotional and social development through participation in school, Parish, and community activities.

Who is the Award for?

- Anyone from the **age of 16 - 18** inclusive in 4th, 5th or 6th year, or not in post-primary education.
- The Award is non-competitive, flexible and voluntary and requires an ongoing commitment.

How does it work?

- There are 4 Awards – Gold, Silver, Bronze and the Papal Cross.
- Awards are earned by taking part in **Parish Involvement, Social Awareness, and preparation of a Reflection.**
- The Papal Cross can only be undertaken by those who have achieved the Gold Award and requires a project rather than a reflection.

EACH AWARD REQUIRES THE FOLLOWING:

Bronze:

- *Parish Involvement: 1 hour per week - 8 weeks*
- *Social Awareness: 1 hour per week - 8 weeks*
- *Reflection*

Silver:

- *Parish Involvement: 1 hour per week - 14 weeks*
- *Social Awareness: 1 hour per week - 14 weeks*
- *Reflection*

Gold:

- *Parish Involvement: 1 hour per week - 20 weeks*
- *Social Awareness: 1 hour per week - 20 weeks*
- *Reflection*

The Papal Cross Award:

- *Completion of the Gold Award*
- *Parish Involvement: 1 hour per week - 26 weeks*
- *Social Awareness: 1 hour per week - 26 weeks*
- *Project*

How can I get involved?

- To enrol, complete and sign the application and consent forms. Return the completed forms along with the enrolment fee to your Award leader in your school/parish.

What can I do for my Parish Involvement Hours?



There are so many ways to get involved in Parish and Diocesan Life! Agree your chosen activities with your Award Leader to make sure they qualify for the Award.

Up to 50% of your Parish hours can come from designated Formation Programmes e.g. Zoom Series / To the Heights / Parish faith formation courses

In your parish:

- Weekly faith formation programme
- Weekly Youth Prayer Meeting
- Weekly Eucharistic Adoration
- Assist with Parish *Lightfever* event
- Reading at Mass
- Join the Parish Choir
- Volunteer with Children's Liturgy
- Assist with Church decoration and flowers
- Assist with Church cleaning



- Church Collection basket
- Be a steward or greeter at the Church door
- Read Prayers of the Faithful at Mass
- Assist with Sacristan duties
- Assist with Livestreaming at Mass
- Assist with Training / mentoring altar servers
- Print & deliver parish newsletters for elderly at home or in nursing homes
- Update Parish noticeboards
- Decorate Parish noticeboard with liturgical themes
- Make prayer cards weekly for back of Church
- Set up "Prayer Stations" in church
- Organise a Local Pilgrimage for a class group
- Create a video / podcast / pamphlet about local saint / shrine / holy well.
- Create a Virtual stations of the cross for parish social media
- Submit prayer / reflection weekly for a parish newsletter youth section
- Volunteer at Family ministry / Children's Liturgy / Summer Faith Camps
- Distribute Faith@Home weekly diocesan newsletters in parish / nursing homes
- Help at Parish Coffee Morning
- Sacramental Preparation Programmes
- Delivering parish envelopes to houses
- Serving at Mass

Specific Times to keep in mind for parish involvement:

- November Remembrance Space / Liturgy
- Advent / Lent
- Exam Mass or Prayer Service
- Parish Celebration: Catholic Schools Week
- Holy Week Ceremonies and Easter Triduum
- Stations of the Cross
- Christmas: Live Crib, Carol Service
- St Brigid's Crosses (make & distribute)
- Epiphany Chalking of the Doors blessing
- Assist at Parish Novena / Mission

At Diocesan Level:

- Participate in a Diocesan Zoom Series
- Participate in *To the Heights Club online*
- Participate in a Diocesan Music Project

In your school:

A minimum of 50% of your hours MUST come from parish-based involvement (not school-based)

- School Chaplaincy Team
- Decorating School Oratory
- Organising Prayer Spaces in School
- School Crib
- Assist School Prayer Services

