



WHAT CAN I DO FOR MY PARISH HOURS?

We recommend you try a range of activities, rather than just the same activity for the whole 20 weeks. Each activity just counts as one hour per week, unless it goes over 5 hours in one event (see Top-Ups). You will need to reflect on 2 activities in your booklet in both parish and social)



PARISH HOURS

Volunteering at Mass:

- Reading / Prayers of the Faithful / Collecting / Offertory Procession / Greeter / Hand out newsletters / Parish Choir / folk-group / Assisting Sacristan in Church / Training / mentoring altar servers / PowerPoint displays at Mass

Volunteering in the Church:

- Cleaning Church / Decorate Church noticeboard / Flower arranging / Liturgical displays (Crib / Christmas Tree / Lenten or Easter Garden) / Creating Prayer spaces in parish

Marking Liturgical Seasons:

- November Remembrance / Volunteer at Holy Week / Volunteer at Advent and or Christmas / Attendance at Parish Mission / Create Prayer Cards for Parish Church / Run or participate in an Exam Prayer Service in parish / Prayer around the Cross (Good Friday) / Distribute flowers after Mass for Mother's Day / Make and distribute St Brigid Crosses on 1st February / Fill and distribute holy water bottles / Make and/or distribute exam prayer cards

Being part of Regular Parish Life:

- Help with Pre-/post-Confirmation programmes / Parish social media or website / Attending Eucharistic Adoration / Faith Formation Programme (outside of school) e.g. Alpha Youth, Altaration, Lectio / Visio Divina / To the Heights Online Club (Ascend) / Helper at Guides and Scouts of Europe - Ireland / Youth Prayer Group / Distributing Catholic Newspapers / Contribute to weekly parish newsletter / social media / Diocesan Events (e.g. Day for Consecrated Life) / Communications Media Parish Project / Distribute Church envelopes

"PARISH" HOURS DURING SCHOOL TIME Please remember! No more than 50% of parish / social hours can come from activities undertaken during school time. (10 hours at Gold, 8 hours at silver, 4 hours at bronze)

- School Mass / Liturgy: Reading / Prayers of the Faithful / Offertory / Music / Art
- Reading at Weekday Mass in Parish during school time
- Parish Coffee Mornings during school time
- JP2 Awards Stand at School Open Night
- Set up Christmas Crib / Christmas Tree in school / Carol Service
- Distribute Ashes in school on Ash Wednesday
- Decorate RE display board / school prayer room
- Create / update Prayer Spaces or Sacred Spaces in school
- Participate in a Rosary Club at lunch time
- Create prayer cards for school (e.g. exam time)
- Involvement in Catholic Schools Week
- Prayer at school assemblies (if just a short morning assembly, record as .5 hours)





WHAT CAN I DO FOR MY SOCIAL HOURS?

We recommend you try a range of activities, rather than just the same activity for the whole 20 weeks. Each activity just counts as one hour per week, unless it goes over 5 hours in one event (see Top-Ups). You will need to reflect on 2 activities in your booklet in both parish and social)



Charity Work

- Volunteer at Parish / Charity Coffee Mornings / Fundraising (e.g. cake sale / flag day / tractor run) / Collecting for Little Nellie's Baby Bank or Christ on the Street / Darkness into Light (1 hour) / Volunteer in Charity shops / Volunteer with Special Olympics

Volunteer with Local Organisations / Clubs

- Arch Community / First Aid / Red Cross / Order of Malta / Youth Club Leader / Scouts, Girl Guides, Beavers, Brownies Leader / SVP Collections / Meals on Wheels / Tidy Towns Committee (litter-picking in community) / GAA training of younger teams / mentoring / referee at local club

Community Life

- Volunteer at Parish / Charity Coffee Mornings / Animal Welfare / Community Games / St Patrick's Day parade (e.g. steward / member of Scouts) / Foroige / Community Musicals / Drama Society / Visiting Residential Homes / hospitals / Coffee Mornings (fundraisers / parish gatherings) / Help at Bingo for Seniors / Teaching IT to the elderly / Community Events (check suitability with Award Leader) / Cleaning / maintaining other Church denomination buildings

"SOCIAL" HOURS DURING SCHOOL TIME Please remember! No more than 50% of parish / social hours can come from activities undertaken during school time. (10 hours at Gold, 8 hours at silver, 4 hours at bronze)

- TY Buddies (mentoring first years / 6th class pupils)
- Lifeguard Course / First Aid Course
- Student Council member
- SVP Society
- Trad for Trócaire
- Volunteer at Open Night in school
- Gratitude Day / Pay it Forward Day in School
- Litter picking in school / Green Schools Committee
- Participate in School Musicals
- Homework Club (after school)
- Paired Reading
- Justice and Peace Society
- Complete Mary's Meals: Little Acts, Big Difference Module
- Help train / mentor younger teams at school
- Charity fundraisers (e.g. cake sale, Daffodil Day, Irish Heart Foundation, Shoebox appeal, Mary's Meals)
- Stay Awake Vigil in school (raising awareness for those who are homeless)





HOW DO TOP-UPS WORK?



Award Top-Ups are given in recognition of the extra activities that young people are already involved in. Top-Ups will go towards the total number of hours an individual has to complete. *The following are the list of accepted top-ups for parish / social activities hours which the Diocese of Waterford & Lismore recognises.*

Please note: A 2, 3 or 4 hour activity on one day does not count as 2, 3 or 4 hours on your record card. Record as one hour. Only when an activity goes over 5 hours can it be recorded as a top-up.

ACTIVITY	GOLD	SILVER	BRONZE
Full Day activity (duration: 5 hours or more) e.g. day retreat / Diocesan Event	2.5 hours	2 hours	1.5 hours
Full Weekend Activity (duration: 2-3 days) e.g. weekend retreat	4 hours	3 hours	2 hours
Week-long activity (duration: 5 days or more) e.g. a pilgrimage abroad / faith camp	6 hours	4.5 hours	3 hours

Please note: You can only top-up to a MAXIMUM of 6 hours (gold), 4.5 hours (silver) and 3 hours (bronze) in both Parish and Social Hours.

RECOGNISED PARISH TOP-UPS

- Ascend JP2 Days
- National JP2 Day in Knock - one day
- St Declan's Way (Camino) - one day
- Full-Day School Retreat / Ritual Day to Catholic Site e.g. to Mount Melleray / Glendalough
- Alpha Holy Spirit Day (in or out of school)
- Youth 2000 Weekend Retreat
- Week-long Pilgrimage (e.g. Lourdes / Medjugorje)
- Attend or volunteer at a Catholic Faith Camp

RECOGNISED SOCIAL TOP-UPS

- Referee / coach at GAA blitz (full day activity of min. of 5 hours)
- Bag-packing fundraiser (full day activity of min. 5 hours)
- Full Day Fundraiser (min. of 5 hours)
- School Immersion Programmes (5 days or more)
- Youth Parliament / Student Council trips (2-3 days or 5 or more days consecutively)

HAVE YOU ANOTHER SUGGESTION FOR A TOP-UP?

If you have completed an activity you feel is deserving up top-up hours please ask your Award Leader to clarify this first with the Diocesan Pope John Paul II Award Coordinator / Committee. When filling out record card, note top-up(s) at bottom of sheet and get signed by relevant facilitator. Hours can only be assigned once level of award is known at end of year, since top-ups have different values at bronze, silver and gold level. If you're unsure, discuss with Award Leader who can clarify with Diocesan Committee!

REMEMBER TO FOLLOW ASCEND YOUTH MINISTRY ON INSTAGRAM FOR IDEAS FOR TOP UPS!

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Diocese of Waterford & Lismore

