



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 (Cribs / 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)

