



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.**
- If a weekly event is less than an hour, mark it as .5 hours.
- If it is 1-4 hours, it is still recorded as 1 hour.
- If it is more than 5 hours continuously in one activity, look at Top Up section.
- 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

Being part of Regular Parish Life:

- Help with Pre-/post-Confirmation programmes
- Contribute to weekly parish newsletter
- Contribute to Parish social media or website
- Attend Eucharistic Adoration
- Attend Catechism / Bible Study
- Diocesan Workshops e.g. Called to More
- Helper at Guides and Scouts of Europe - Ireland
- Participate in Youth Prayer Group (outside school)
- Distribute Catholic Newspapers
- Attend Diocesan Events
- Communications Media Parish Project
- Distribute Church envelopes
- Attend / participate in Parish Mission
- Rosary Procession / Rosary Rally
- Children's Liturgy (*safeguarding component)

Volunteering in the Church:

- Cleaning Church
- Flower arranging
- Decorate Church noticeboard
- Liturgical displays (Christmas / Lent / Easter)
- Creating Prayer spaces in parish

Marking Liturgical Seasons:

- November Remembrance
- Volunteer at Advent and or Christmas
- Volunteer at Holy Week
- Attendance at Parish Mission
- Create Prayer Cards for Parish Church
- 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
- Fill and distribute holy water bottles
- Make and/or distribute prayer cards

Other ideas (agreed with Award Leader):

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"PARISH" HOURS DURING SCHOOL TIME (INCLUDING "OFF SITE" ACTIVITIES)

- Please remember! No more than 50% of parish / social hours can come from activities undertaken during school time (this includes parish work done during the school day).
- *Maximum of 10 of your 20 hours at Gold, 7 hours at silver, 4 hours at bronze.*

- School Mass / Liturgy:
e.g. Reading / Prayers of the Faithful / Offertory / Music / Art
- Reading at Weekday Mass in Parish during school day
- Parish Coffee Mornings during school day
- JP2 Awards Stand at School Open Night
- Leader (or Helper) for Alpha Youth in school
- Set up Christmas Crib / Christmas Tree in school
- School Religious 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 / Prayer Group at lunch time
- Create prayer cards for school (e.g exam time)
- Involvement in Catholic Schools Week
- Prepare and lead Prayer at school assemblies (if just a short morning assembly, record as .5 hours)
- Complete the JP2 Award "How does Jesus want me to live my Life?" resource (3 sessions)



Other ideas (agreed with Award Leader):

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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** (e.g. litter picking for 3 classes in week is recorded as one hour)
- **Activities undertaken for TY work experience cannot be used.**
- If a weekly event is less than an hour, mark it as .5 hours.
- If it is 1-4 hours, it is still recorded as 1 hour.
- If it is more than 5 hours continuously in one activity, look at Top Up section.
- 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)
- Collect for Little Nellie's Baby Bank
- Collect for Christ on the Street
- Darkness into Light Walk
- Volunteer in Charity shops (outside of school)
- Volunteer with Special Olympics
- Daffodil Day (outside of school)
- Mary's Meals (<https://www.marysmeals.ie/get-involved/fundraise>)

Community Life

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

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 (or other sports) training of younger teams / Refereeing

Other ideas (agreed with Award Leader):

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"SOCIAL" HOURS DURING SCHOOL TIME (INCLUDING "OFF SITE" ACTIVITIES)

- Please remember! No more than 50% of parish / social hours can come from activities undertaken during school time (this includes parish work done during the school day).
- **Maximum of 10 of your 20 hours at Gold, 7 hours at silver, 4 hours at bronze.**

- TY Buddies (mentoring first years / 6th class pupils) Paired Reading
- Lifeguard Course First Aid Course
- Student Council member
- SVP Society Peace & Justice Group Trad for Trócaire
- Volunteer at Open Night in school
- Help train / mentor younger teams at school
- Gratitude Day / Pay it Forward Day in School
- Green Schools Committee / Litter picking in school
- School Musicals (record rehearsals / show as one hour per week)
- Homework Club (after school)
- Justice and Peace Society
- Complete Mary's Meals: Little Acts, Big Difference Module (one hour per week)
- 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)



Other ideas (agreed with Award Leader):

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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 day-long 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 DIOCESAN TOP-UPS

- Diocesan TY Day
- National JP2 Day in Knock
- St Declan's Way (Camino)
- Youth 2000 Weekend (or day) Retreat
- Alpha Holy Spirit Day
- Week-long Pilgrimage (eg. Lourdes / Medjugorje)
- Volunteer at a Catholic Faith Camp

HAVE YOU ANOTHER POSSIBLE IDEA FOR A TOP-UP?

If you have completed an activity you feel is deserving of 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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