



**Blessed Sacrament Catholic School
2026/2027 Student Service Journal
Intermediate and Middle School Grade Levels**

Student's Name_____

Grade Level:_____

Due to Homeroom Teachers Before Friday, May 14, 2027

Bulldog for Christ Service Program Overview, Requirements, and Suggested Projects

Service education has been a hallmark of Catholic education in the United States for generations. It is an opportunity for students to live their faith and proclaim the Good News of Jesus Christ and Catholic education.

All students at Blessed Sacrament Catholic School will be expected to complete an age-appropriate number of service education projects each semester. While service education projects will be a required and graded component of the school's curricular program, the greater purpose will be to help our students observe Christ's commandment to love our neighbors.

Each year, students must complete one service education project for each of the Corporal Works of Mercy and one service education project for each of the Spiritual Works of Mercy. In addition, students in Third Grade through Eighth Grade must serve as a greeter for two Masses at Blessed Sacrament Catholic Church. Please note that participating in the St. Vincent de Paul Food Drive (November) or 40 Cans for Lent cannot be used as service projects.

Parents are asked to encourage their children to complete their service education projects in a manner that is consistent with Christ's message of helping those less fortunate and most vulnerable in our society. At the same time, however, a student should perform their required service hours in a safe, structured environment under adult supervision.

The Corporal and Spiritual Works of Mercy

The Works of Mercy are charitable deeds by which we help our neighbor. The Works of Mercy are divided into two categories – Corporal (Physical) and Spiritual Works.

The Corporal Works of Mercy include: Feeding the Hungry, Giving Drink to the Thirsty, Clothing the Naked, Sheltering the Homeless, Visiting the Sick and Imprisoned and Burying the Dead.

The Spiritual Works of Mercy include: Counseling the Doubtful, Teaching the Ignorant, Helping the Sinner, Comforting the Afflicted, Forgiving Injuries, Bearing Wrongs Patiently, and Praying for the Living and the Dead.

Altar Server/Mass Greeter at Blessed Sacrament Catholic School

Students in Third Grade through Eighth Grade must serve at two (2) masses each semester. Students must serve, in Mass uniform, as a greeter at Blessed Sacrament Catholic Church or as an altar server at the Saturday or Sunday. Masses.

Suggested Projects

Blessed Sacrament Catholic School has listed suggested projects in the journal corresponding to each Corporal Work of Mercy and Spiritual Work of Mercy.

Completion of Service Journal

The completion of the 2026/2027 Bulldogs for Christ Service Journals will allow a student to participate in the annual field day.

Corporal Works of Mercy

Intermediate and Middle School Age-Appropriate Examples of Service Projects for Students



Giving Food to the Hungry

1. Organize a fundraiser (bake sale, car wash) to buy groceries for families in need.
2. Plan and prepare a full meal for a homeless shelter or soup kitchen.
3. Start a "Community Garden" project to grow vegetables for food banks.
4. Create a social media campaign to raise awareness about hunger in your area.
5. Research local food insecurity issues and present findings to the school.
6. Coordinate a "Holiday Food Drive" with collection goals and distribution.
7. Volunteer at a food bank sorting, packaging, and distributing food.
8. Partner with a local restaurant to donate surplus food to those in need.
9. Create an educational poster series about nutrition and food insecurity.
10. Organize a "Hunger Awareness Week" with daily activities and donations.



Giving Drink to the Thirsty

1. Organize a water bottle drive and distribute to homeless encampments.
2. Research access to clean water in your community and create an awareness campaign.
3. Partner with a local organization to provide hydration stations during summer heat.
4. Create a "Water for All" fundraiser to provide water access in underserved areas.
5. Develop an educational presentation about water insecurity and dehydration.
6. Coordinate a donation drive for water filtration systems for families in need.
7. Volunteer at a community event providing hydration to vulnerable populations.
8. Research and present on global water insecurity issues.
9. Organize a "Hydration Station" at a community center or shelter.
10. Create informational materials about the importance of hydration for health.



Clothing the Naked

1. Organize a comprehensive "Clothing Drive" with collection goals by season.
2. Partner with a local clothing bank to volunteer sorting and distributing.
3. Research clothing insecurity and create an awareness presentation.
4. Collect formal wear for job interview programs serving low-income individuals.
5. Organize a "Fashion Show" fundraiser with donated clothes to raise money.
6. Create care packages with weather-appropriate clothing for homeless individuals.
7. Volunteer at a clothing closet helping people select appropriate attire.
8. Research and advocate for clothing assistance programs in your community.
9. Organize a clothing swap fundraiser to support a local charity.
10. Create a "Seasonal Clothing Drive" with specific needs for each season.



Visiting the Imprisoned

1. Organize a "Letter Writing Campaign" of encouragement to people in recovery programs.
2. Research addiction, mental health, and recovery resources in your community.
3. Create care packages with healthy items and inspirational materials for treatment centers.
4. Volunteer at a recovery center, support group, or community mental health program.
5. Research and present on addiction, mental health stigma, and recovery success stories.
6. Organize a fundraiser to support local addiction treatment or mental health programs.
7. Create educational materials about addiction as a disease and recovery as possible.
8. Partner with a 12-step program or recovery organization to provide support.
9. Advocate for mental health and addiction services through awareness campaigns.
10. Volunteer at a community center or program supporting those with co-occurring disorders.



Comforting the Sick

1. Volunteer as a "hospital buddy" visiting and spending time with patients.
2. Organize a "Comfort Care" drive collecting items patients need (socks, journals, etc.).
3. Create a video or recording of encouragement for patients.
4. Volunteer at a nursing home for activities, visits, or entertainment.
5. Research health disparities affecting sick populations in your community.
6. Partner with a hospice to provide support and companionship to patients.
7. Create an educational presentation about visiting the sick and showing compassion.
8. Organize a "Senior Buddy" program pairing students with homebound elderly.
9. Collect and donate entertainment items (books, puzzles, games) to hospitals.
10. Volunteer to read to patients or provide companionship at medical facilities.



Sheltering the Homeless

1. Volunteer at a homeless shelter helping with meals, cleaning, or activities.
2. Research homelessness in your area and create an awareness campaign.
3. Organize a fundraiser to support local shelter operations or expansion.
4. Create a comprehensive "Care Kit Drive" with specific needed items.
5. Partner with a shelter to provide job training or tutoring services.
6. Research housing insecurity policies and present to school leadership.
7. Volunteer at a transitional housing program supporting residents.
8. Create educational materials about homelessness and housing needs.
9. Organize a donation drive for specific shelter needs (bedding, kitchen supplies).
10. Advocate for homeless services through community presentations or letters to officials.



Burying the Dead

1. Organize a "Memorial Service" or remembrance event for community members.
2. Create a scholarship fund in memory of someone who has passed.
3. Research and present on different cultural funeral and mourning practices.
4. Volunteer with a hospice or funeral home supporting grieving families.
5. Create a memorial garden or space in your school or community.
6. Organize a "Grief Support Drive" collecting comfort items for grieving families.
7. Partner with a grief counseling organization to raise awareness.
8. Create educational materials about healthy grief processing.
9. Organize a community memorial event honoring those who have passed.
10. Volunteer at a cemetery or memorial site, helping with maintenance or events.

Spiritual Works of Mercy

Intermediate and Middle School Age-Appropriate Examples of Service Projects for Students



Counsel the Doubtful

1. Encourage a friend who is afraid to try something new.
2. Help a classmate think through a difficult decision.
3. Remind someone that making a mistake does not mean they have failed.
4. Encourage a friend to make a good and honest choice.
5. Listen when someone is worried or uncertain.
6. Remind a friend to pray when facing a difficult situation.
7. Encourage someone who feels that they do not belong.
8. Help someone see that they have gifts and talents to share.



Teach the Ignorant

1. Help a classmate understand a difficult assignment.
2. Share notes or explain directions when someone is confused.
3. Help a younger student learn a prayer or Bible story.
4. Teach someone how to play a game or learn a new skill.
5. Help a new student understand school routines.
6. Share what they know without making others feel embarrassed.
7. Tutor or encourage a classmate who is struggling.



Help the Sinner

1. Privately and respectfully remind a friend to make a better choice.
2. Encourage someone to stop using hurtful or disrespectful language.
3. Speak up when someone is being excluded or treated unfairly.
4. Encourage a friend to tell the truth when they have made a mistake.
5. Remind others to follow classroom or school expectations.
6. Encourage someone to apologize and make things right.
7. Refuse to participate in gossip, teasing, or bullying.
8. Ask a trusted adult for help when someone's choices are harming others.



Comfort the Afflicted

1. Sit with someone who is lonely or upset.
2. Include someone who is being left out.
3. Listen without making fun of someone's feelings.
4. Offer encouragement to someone having a difficult day.
5. Visit or send a message to someone who is sick.
6. Offer support to someone who has experienced a loss.
7. Stand beside someone who is being treated unfairly.
8. Let a trusted adult know when someone needs additional help.
9. Pray with or for someone who is suffering.



Forgive Injuries

1. Accept a sincere apology.
2. Give someone another chance after they make a mistake.
3. Let go of resentment instead of seeking revenge.
4. Avoid bringing up someone's past mistakes to hurt them.
5. Choose forgiveness even when it is difficult.
6. Work toward restoring a friendship after a disagreement.
7. Pray for someone who has hurt them.
8. Ask God for the grace to forgive when they are struggling to do so.



Bear Wrongs Patiently

1. Stay calm when someone makes a mistake.
2. Avoid responding to anger with more anger.
3. Be patient with someone who learns or works at a different pace.
4. Give others the benefit of the doubt.
5. Choose not to get even when someone has upset them.
6. Listen before reacting when there is a disagreement.
7. Walk away from an argument rather than making it worse.
8. Ask for help when a conflict becomes difficult to resolve.



Pray for the Living and the Dead

1. Pray for a sick classmate or family member.
2. Pray for someone experiencing a difficult situation.
3. Include others in personal prayers.
4. Pray for people who are lonely, homeless, or in need.
5. Pray for classmates and teachers.
6. Pray for those who have died.
7. Offer a Mass or prayer for someone in need.
8. Pray for people they find difficult to understand or get along with.
9. ☒ Keep a prayer list for people who need God's help.

Corporal Work of Mercy – Giving Food to the Hungry

Describe what you did for this work of mercy. _____

Date You Completed the Work of Mercy _____

Parent's Initials _____

Corporal Work of Mercy – Giving Drink to the Thirsty

Describe what you did for this work of mercy. _____

Date You Completed the Work of Mercy _____

Parent's Initials _____

Corporal Work of Mercy – Clothing the Naked

Describe what you did for this work of mercy. _____

Date You Completed the Work of Mercy _____

Parent's Initials _____



Corporal Work of Mercy – Comforting the Sick

Describe what you did for this work of mercy. _____

Date You Completed the Work of Mercy _____

Parent's Initials _____

Corporal Work of Mercy – Visiting the Imprisoned

Describe what you did for this work of mercy. _____

Date You Completed the Work of Mercy _____

Parent's Initials _____

Corporal Work of Mercy – Sheltering the Homeless

Describe what you did for this work of mercy. _____

Date You Completed the Work of Mercy _____

Parent's Initials _____



Corporal Work of Mercy – Burying the Dead

Describe what you did for this work of mercy._____

Date You Completed the Work of Mercy_____

Parent's Initials_____



Spiritual Work of Mercy – Counsel the Doubtful

Describe what you did for this work of mercy. _____

Date You Completed the Work of Mercy _____

Parent's Initials _____

Spiritual Work of Mercy – Teach the Ignorant

Describe what you did for this work of mercy. _____

Date You Completed the Work of Mercy _____

Parent's Initials _____

Spiritual Work of Mercy – Help the Sinner

Describe what you did for this work of mercy. _____

Date You Completed the Work of Mercy _____

Parent's Initials _____



Spiritual Work of Mercy – Comfort the Afflicted

Describe what you did for this work of mercy. _____

Date You Completed the Work of Mercy _____

Parent's Initials _____

Spiritual Work of Mercy – Forgive Injuries

Describe what you did for this work of mercy. _____

Date You Completed the Work of Mercy _____

Parent's Initials _____

Spiritual Work of Mercy – Bear Wrongs Patiently

Describe what you did for this work of mercy. _____

Date You Completed the Work of Mercy _____

Parent's Initials _____



Spiritual Corporal Work of Mercy – Praying for the Living and the Dead

Describe what you did for this work of mercy._____

Date You Completed the Work of Mercy_____

Parent's Initials_____



Mass Greeter Information and Guidelines

Serving as a Mass Greeter is an important ministry for our students. From the moment someone enters the church, they should be welcomed with the peace, joy, and hospitality of Jesus Christ. Thank you for helping create a warm and welcoming environment for our parish community!

1. Sign up to serve as a Mass Greeter using the QR code below.
2. Arrive at least **20 minutes before Mass** wearing either your **School Uniform** or **Mass Uniform**.
3. Check in with the **Sacristan** or **Deacon** and let them know you are there to serve.
4. Stand at one of the two main entrances to the church. As parishioners arrive, open the door and greet them with a friendly welcome such as: "Welcome to Blessed Sacrament!" or "I'm glad you're here!"
5. When Mass begins, join your family and participate fully in the celebration of the Mass.
6. After receiving Holy Communion, move to the church doors leading to the foyer. Pick up a stack of bulletins and, as people leave, offer them a bulletin and thank them for attending Mass.
7. Before leaving, ask the Principal, Sacristan, Deacon, or Priest to sign below to verify that you have completed your service.

Fall Semester – August 2026 through December 2026

Date You Served as a Mass Greeter: _____

Date You Served as a Mass Greeter: _____

What Mass did you serve at?

- ☐ 5:30 p.m. ☐ 8:00 a.m. ☐ 10:00 a.m.
☐ 12:15 p.m.

What Mass did you serve at?

- ☐ 5:30 p.m. ☐ 8:00 a.m. ☐ 10:00 a.m.
☐ 12:15 p.m.

Signature of Principal, Sacristan, Deacon, or Priest

Signature of Principal, Sacristan, Deacon, or Priest

Spring Semester – January 2027 through May 2027

Date You Served as a Mass Greeter: _____

Date You Served as a Mass Greeter: _____

What Mass did you serve at?

- ☐ 5:30 p.m. ☐ 8:00 a.m. ☐ 10:00 a.m.
☐ 12:15 p.m.

What Mass did you serve at?

- ☐ 5:30 p.m. ☐ 8:00 a.m. ☐ 10:00 a.m.
☐ 12:15 p.m.

Signature of Principal, Sacristan, Deacon, or Priest

Signature of Principal, Sacristan, Deacon, or Priest



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Don't Forget! Please submit a picture of the project of are writing about in your Student Reflection Essay above using this QR Code.

