

## A ST. GABRIEL & ST. BRIDGET COMPETITION

**Beginning April 27<sup>th</sup>**

**Ending May 13<sup>th</sup>**

On the reality cooking TV show, Cutthroat Kitchen, chefs were asked to overcome major obstacles and acts of sabotage as they prepared dishes. As Catholics, we are also trying to overcome some major obstacles in practicing our faith during a pandemic. Although we won't be sabotaging each other, we decided a fun competition may motivate and introduce us to new ways to live our faith while social distancing.

### **Instructions:**

Attached are social distancing ideas for the Spiritual & Corporal Works of Mercy which have been adjusted for elementary (4 years old-6<sup>th</sup> grade) and teen/adult age groups. Use these as a resource for keeping track of each completed task. Also attached is an example tracking form, but feel free to record points in a way that makes the most sense for your family. Each person in the family will need to record his/her own points as follows:

5 points: each task completed individually

10 points: each task completed together by two or more people  
(Each person will record 10pts on his/her form)

20 points: participation in Sunday Mass on YouTube  
(Each person will record 20pts on his/her form)

Families should look over their tasks together each evening to reflect on what they have accomplished and to tally points. At the **end of the competition on May 13<sup>th</sup>**, families will divide their total points by the number of people in their family (aged 4 and up). This should ensure larger families will not automatically outscore an individual/smaller family.

### **Prizes:**

The top 3 families earning the most points will be rewarded as follows:

1<sup>st</sup> Place: Dinner and family game

2<sup>nd</sup> Place: Dessert and family game

3<sup>rd</sup> Place: Family game








## Tracking Form Example

	Dad	Mom	Child 1	Child 2
<b>Day 1 Tasks &amp; Points</b>	Daily Mass- 5  Meal prayers-10	Cooked dinner 5  Meal prayers-10	Meal prayers-10  Volunteered to lead prayer-5	Meal prayers-10  Vacuumed-5
<b>Day 2 Tasks &amp; Points</b>	Apologized for losing patience-5  Brought wife a snack & drink-5	Prayed the Rosary-5  Delivered groceries to vulnerable parents-5	Helped sibling with homework-5  Prayed for people from church prayer list-5	Helped sibling with chores-5  Patiently waited for his/her turn-5
<b>Day 3 Tasks &amp; Points</b>	Sunday Mass-20  Cleaned graves at cemetery-10	Sunday Mass-20  Made cards for nursing home residents-10	Sunday Mass-20  Cleaned graves at cemetery with Dad-10	Sunday Mass-20  Made cards for nursing home residents with Mom-10








<b>Spiritual Works of Mercy</b>	<b>Examples</b>	<b>Corporal Works of Mercy</b>	<b>Examples</b>
<b>Admonish the sinner</b>	<ol style="list-style-type: none"> <li>1. Be a good example/Model good behavior</li> <li>2. Help others make the right choice</li> </ol>	<b>Feed the hungry</b>	<ol style="list-style-type: none"> <li>1. Fill up blessing boxes</li> <li>2. Donate money</li> <li>3. Help with cooking and the dishes</li> </ol>
<b>Instruct the ignorant</b>	<ol style="list-style-type: none"> <li>1. Share your faith with others.</li> <li>2. Discuss key points of our faith</li> <li>3. Learn more about your faith: YouTube channels for St. Gabriel/Youth Group, read the Catechism or book of the Bible, read Catholic articles, explore Formed, etc.</li> </ol>	<b>Give drink to the thirsty</b>	<ol style="list-style-type: none"> <li>1. Bring someone in your home a drink without being asked</li> <li>2. Offer to pick up groceries for those most vulnerable during your next trip</li> </ol>
<b>Counsel the doubtful</b>	<ol style="list-style-type: none"> <li>1. Explore and seek answers about your own doubts</li> <li>2. Have a discussion with a non/fallen away Catholic about the Church</li> </ol>	<b>Clothe the naked</b>	<ol style="list-style-type: none"> <li>1. Donate what no longer fits or is unworn</li> <li>2. Help with laundry</li> </ol>
<b>Comfort the sorrowful</b>	<ol style="list-style-type: none"> <li>1. Send cards or call to those who have lost someone recently</li> <li>2. Refrain from being the cause of another's sorrow</li> </ol>	<b>Visit the imprisoned</b>	<ol style="list-style-type: none"> <li>1. Send anonymous, encouraging letters to those in prison. Remind them they are people loved by God and the Church.</li> <li>2. Protect anyone being bullied/Don't be a bully.</li> </ol>
<b>Bear wrongs patiently</b>	<ol style="list-style-type: none"> <li>1. Let it go when another's thoughtlessness/carelessness affects you.</li> <li>2. Accept the inconveniences of others' actions with humility</li> </ol>	<b>Shelter the homeless</b>	<ol style="list-style-type: none"> <li>1. Help take care of your house: dust, clean, make everyone's bed, etc.</li> </ol>
<b>Forgive all injuries</b>	<ol style="list-style-type: none"> <li>1. Who do you need to forgive for serious offenses? Pray for them and for God to help you to forgive.</li> <li>2. Teach other's how to forgive by example.</li> <li>3. Ask for forgiveness when you do something wrong.</li> </ol>	<b>Visit the sick</b>	<ol style="list-style-type: none"> <li>1. Send cards or call those in nursing homes or living alone.</li> </ol>
<b>Pray for the living and the dead</b>	<ol style="list-style-type: none"> <li>1. Pray for those in Purgatory</li> <li>2. Pray in a cemetery</li> </ol>	<b>Bury the dead</b>	<ol style="list-style-type: none"> <li>1. Visit cemeteries: bring flowers and/or clean tombstones.</li> </ol>

**Other Ideas:** Daily Mass, Youth Group Zoom Meetings, Watching Q & A with Father and JJ, Parish Rosary, any type of prayer at any time, listening to Christian music or watching Christian movies, learning about a Saint...endless possibilities to grow in faith!

## The Spiritual Works of Mercy

	<ul style="list-style-type: none"> <li><input type="checkbox"/> Be encouraging. (siblings with school work, parents working at home...)</li> <li><input type="checkbox"/> Help someone make a good decision.</li> <li><input type="checkbox"/> Pray for someone who is struggling with their faith or struggling with anything.</li> <li><input type="checkbox"/></li> </ul>
	<ul style="list-style-type: none"> <li><input type="checkbox"/> Give people more time...don't rush them.</li> <li><input type="checkbox"/> Help explain how to do something correctly. (school work, play a game, how to clean something...)</li> <li><input type="checkbox"/> Be willing to tell stories that you know about the Bible, the Saints or your own personal faith.</li> <li><input type="checkbox"/> Don't be prideful or arrogant if you know something that someone else does not know.</li> </ul>
	<ul style="list-style-type: none"> <li><input type="checkbox"/> Lead a sibling towards the good choice in a situation.</li> <li><input type="checkbox"/> Kindly and privately talk to a sibling or parent about the problem or disagreement.</li> <li><input type="checkbox"/></li> <li><input type="checkbox"/></li> </ul>
	<ul style="list-style-type: none"> <li><input type="checkbox"/> Pray for families that have lost loved ones.</li> <li><input type="checkbox"/> Offer comfort by sending a card.</li> <li><input type="checkbox"/> Hug and try to make a sibling or parent feel better if they are sad or upset.</li> <li><input type="checkbox"/> Try to cheer someone up by watching their favorite movie together or playing a favorite game.</li> </ul>
	<ul style="list-style-type: none"> <li><input type="checkbox"/> Be willing to forgive your siblings and parents with kindness.</li> <li><input type="checkbox"/> Don't hold a grudge.</li> <li><input type="checkbox"/> Give people a second chance.</li> <li><input type="checkbox"/> Accept other's apologies with kindness.</li> </ul>
	<ul style="list-style-type: none"> <li><input type="checkbox"/> Don't fight or argue with parents and siblings for a day.</li> <li><input type="checkbox"/> Don't help people expecting a thank you.</li> <li><input type="checkbox"/> Be kind to people who make mistakes.</li> <li><input type="checkbox"/> Don't be mean back to someone who is mean to you.</li> </ul>
	<ul style="list-style-type: none"> <li><input type="checkbox"/> Pray for someone who is going through a hard time.</li> <li><input type="checkbox"/> Ask the members of your family how you can pray for them.</li> <li><input type="checkbox"/> Pray a Rosary, Divine Mercy Chaplet, or Holy Hour for a specific person.</li> <li><input type="checkbox"/> Participate in Mass on YouTube.</li> </ul>

## The Corporal Works of Mercy

	<ul style="list-style-type: none"> <li><input type="checkbox"/> Put food in the Blessing Boxes around Fayette County.</li> <li><input type="checkbox"/> Set the table, do the dishes or help cook dinner for your family without being asked.</li> <li><input type="checkbox"/> Get a snack for someone in your family.</li> <li><input type="checkbox"/> Pay for the person behind you in the drive through.</li> </ul>
	<ul style="list-style-type: none"> <li><input type="checkbox"/> Place bottled water in the Blessing Boxes.</li> <li><input type="checkbox"/> Offer to get drinks for those in your family.</li> <li><input type="checkbox"/> Let someone else have a special drink (ie pop, carpi sun) if there is only one left.</li> <li><input type="checkbox"/></li> </ul>
	<ul style="list-style-type: none"> <li><input type="checkbox"/> Help fix something in your house that is broken or in disrepair.</li> <li><input type="checkbox"/> Donate items to a homeless shelter.</li> <li><input type="checkbox"/> Have a fun "sleepover" with a younger sibling.</li> <li><input type="checkbox"/> Clean without complaint.</li> </ul>
	<ul style="list-style-type: none"> <li><input type="checkbox"/> Clean out your closet and donate to an organization or even a family you know.</li> <li><input type="checkbox"/> Make your own things to donate—hats, scarves</li> <li><input type="checkbox"/> Help a younger sibling get dressed in the morning.</li> <li><input type="checkbox"/></li> </ul>
	<ul style="list-style-type: none"> <li><input type="checkbox"/> Make a card or call someone you know who is sick.</li> <li><input type="checkbox"/> Make a card for someone in the hospital.</li> <li><input type="checkbox"/> Be extra nice and help take care of family members when they are sick.</li> <li><input type="checkbox"/></li> </ul>
	<ul style="list-style-type: none"> <li><input type="checkbox"/> Pray with a sibling who is in timeout or grounded.</li> <li><input type="checkbox"/> Send a card to someone who is in the hospital, prison or homebound.</li> <li><input type="checkbox"/></li> <li><input type="checkbox"/></li> </ul>
	<ul style="list-style-type: none"> <li><input type="checkbox"/> Send card or flowers to a grieving family.</li> <li><input type="checkbox"/> Visit the gravesite to pray.</li> <li><input type="checkbox"/></li> <li><input type="checkbox"/></li> </ul>