

Sister Lucia Christi, O.P.

Middle School Service Hours Theology

Introduction

A minimum of 8 service hours will be required for all middle school students each quarter. It is recommended that 4 hours be done within the first part of a quarter, and 4 hours be completed in the second half of the quarter. This project is meant and designed to inspire a spirit and attitude of charity by providing opportunities of service to the students' local and wider communities.

Requirements & Expectations

- Students will need to have parent or supervisor verification that they have completed each opportunity. **There must be a signature** for service hours completed in order for the hours to count.
 - Students should choose **at least 2 different kinds** of service activities to fulfill their 8 hours per quarter.
 - Service hours must be done to **serve someone else**. Cleaning your own room, helping with dishes *and other normal and required household chores* will not and should not be counted as “service” (this is already a normal obligation to one’s family)
 - Any work done at home, in order to count as service hours, must be **above and beyond** normal “chores”
 - Students will write two **reflection papers**, one at the end of the 2nd quarter and again at the end of the 4th quarter. *These papers must be at least 2 pages hand-written (front and back of loose-leaf) or two pages double-spaced (Times New Roman) if typed.* The Reflection papers must refer to all service experiences within the two quarters. **Since this is a long-term project, it is the student’s responsibility to ensure that he or she**
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has planned ahead of time for technical difficulties. Please do not wait till the morning of to print out your paper.

Grading

The reflection papers will be graded as follows:

- Service activities are thoughtfully described and the student explains *why* each service was selected (20 points)
- The student explains how he or she encountered Christ in each service activity. This explanation is specific to the service, and does not include broad generalization such as: “Jesus was nice, and so was I.” (30 points)
- The student explains how each activity is connected with one of the spiritual or corporal works of mercy (30 points)
- The paper uses proper grammar and spelling. (10 points)
- The paper is a full two pages, either typed or handwritten (10 points).

Ideas for Service

1. Make dinner for your family
2. Deep clean the bathroom (or other areas of the house)
3. Wash the windows of the house
4. Wash all the bedsheets
5. Dust the entire house
6. Caring for/visiting the elderly or sick family members
7. (6th grade only) Safety Patrol
8. Bake dessert or make cards for local firefighters, police, EMT, and other service members
9. Yard work
10. Altar serving

There are many, many more opportunities out there! It would be great to go out into the wider community (beyond your house) to volunteer.

Service Hours Record Sheet

Date of Service	Amount of Time	Explanation of Service	Signature