



from our homes.....

st. mary's outreach at home

to our community.



summer 2020

introduction to outreach at home

This packet is tool to help you serve our local community this summer. Many of St. Mary's youth received a packet and are working on the same projects as you. Use this booklet to find more information about the 16 different outreach projects and how to complete your bingo board. Your packet should have almost everything you need.

When you have completed a bingo row (horizontal, vertical, or diagonal) share your board and 3 pictures from the projects you did to Emily Bruch at ebruch@stmarysgoochland.org. Your name will be put into a raffle to win one of our three prizes. If you fill out your entire Bingo board your name will enter the raffle 3 times! **Don't forget to turn in your bingo board by August 4!**

learn

WORD SEARCH

This word search is all about mission work and key words used when talking about outreach. It is important to continue to educate ourselves on the humanitarian aid we wish to provide for others. Our need to make sure that our service is always driven by love, creates a sustainable impact, that we take time to listen and that we are open-minded and flexible in our work. Can you complete the word search?

RICHMOND SLAVE TAIL

Walk the Richmond Slave Trail which follows a route traveled by some of the thousands of African who made their journey south by crossing the James River chained together. Take this time to learn about the history of racism in our own city and to talk about how racism is still relevant today. What is our call, as Christians, to work for racial healing?

sustain

SEED PLANTING

Our planet gives us so much. All our daily necessities are naturally sourced. Take a moment to give back to the plant by planting some seeds.

PICK UP TRASH

We share this planet with about 7.8 Billion of God's children, so let us keep our environment clean. Go on a walk or hikes and pick up all the trash you see along the way. Make sure you recycle when appropriate!

BUILD A BIRD FEEDER

Beckley, West Virginia is located along the Appalachian Mountains in southern West Virginia. The town's surrounding beauty is bountiful. Take time to observe the different wonders of nature this summer. One way to appreciate all of God's creations is to build a bird feeder and hang it up in your back yard. Find instructions, in your packet, on how to make your own bird feeder.

SHARE A MEAL

New Orleans is a colorful, vibrant community who loves to celebrate all of their cultures. One way they like to celebrate is through food. Make and share a meal with your family and friends. I encourage you to try out the gumbo recipe from the card in this packet for a little taste of New Orleans.

READ A BOOK

Read a book virtually or properly socially distanced to a younger family member, neighbor, or friend. Take some time to share a story with those that are important to you and remember we are all living in God's larger story.

CHALK THE WALK

Write an encouraging message on your street or sidewalk to spread God's love. Your small messages will bring a smile to so many.

WRITE LETTERS

Share your love to all of God's people. Write a few letters to a distant relative, people in the hospital, prison chaplains, or to those serving in our military. Here are a few examples of where you can send your letters.

- Grace on the Inside Chaplains, 2828 Emerywood Parkway, Richmond, VA 23294.
- Cards for Hospitalized Kids, 7290 W. Devon, Chicago, IL 60631 (Check out their website for guidelines).
- Write letters to St. Mary's elderly parishioners. Email Emily ebruch@stmarysgoochland.org for names and addresses.

CREATE A CARE KIT

Fill a toiletry bag full of the hygiene essentials and some snacks. Next time you see a person who is homeless, stop and give them the kit. Checkout the list for ideas:

- Water Bottle
- Socks
- Tuna and Crackers
- Fruit snack or applesauce
- Crackers with peanut butter or cheese
- Gift Certificate to fast food
- Hand wipes
- Pack of Kleenex
- Toothbrush and toothpaste
- Chapstick
- Nail Clippers
- Band-Aids
- Comb or small Brush
- Mints, cough drops or gum
- Note of encouragement or uplifting Bible verse

DELIVER BAKED GOODS

Make a delicious treat and deliver to some of our local service workers. You can deliver them to your local fire station, hospital, or another organization close to your heart.





DONATE FOOD

Every community in the country is home to families who struggle with food insecurity. In Louisiana, 1 in 6 people battle hunger and in Virginia, 1 out of 10 people struggle with hunger every day. Take a moment to donate some non-perishable food items to your local food bank or GoochlandCares.



MEDITATE

Take time for yourself to reflect and disconnect. Meditation is one of the many ways we can pray. Sometimes our lives can get so busy, but by taking 5 minutes to meditate can help ground us and set good intentions for the day. Try out this meditation:

The text comes from Psalm 46:10 of the Hebrew Scriptures: "Be still and know that I am God."

- 1) Find a quiet place, gently close your eyes and take a few deep breaths. Prepare to pray the Psalm in 5 consecutively diminishing sentences.
- 2) Either aloud or quietly to yourself, say the words, "Be still and know that I am God."
- 3) After a couple deep breaths, pray, "Be still and know that I am."
- 4) After a couple deep breaths, pray "Be still and know."
- 5) After a couple deep breaths, pray, "Be still."
- 6) After a couple deep breaths, pray, "Be."
- 7) When ready, pray, "Amen."

The pause between each phrase can be lengthened depending on your need or the needs of the group.

Be still and know that I am God.

Be still and know that I am.

Be still and know.

Be still.

Be.

COLOR

Coloring is another great way to pray. Check out your new coloring book! Pick a page to color, read to associated bible passage, and reflect on it as you color.

PRAYER CARDS

Hang up the prayer cards found in your packet in a place you will see daily! You can even share a few with friends. Let these cards be a daily reminder that you are Holy, Worthy, and Enough.



This is your opportunity to pick or create an outreach project of your own! You can be as creative as you want. Please share all your wonderful projects!

