



OFFERING CATHOLIC GENEROSITY & MERCY DURING THE GLOBAL PANDEMIC

UPRISE Ideas for Families | Students | Parish Youth Ministry

In Family Life...

We are called to live in families of love and mercy, fostering an openness to life in an environment where youth are taught by parents and siblings how to engage in society in a constructive and uplifting way. We are created to live in community, resisting the current cultural call to individualism and narcissism.

With Peer Students...

A spirit of mercy and service extends beyond the classroom to include campus and community service. UPRISE schools often display the Mercy Values in each classroom and students and faculty in all subjects intentionally consider the implications mercy has on their studies and in their lives.

On behalf of Parish Youth Ministry...

Youth ministry is a catalyst for evangelization, and an apprenticeship into Christian discipleship. It promotes adult faith; one marked by study, liturgical practice, an imitation of Christ, prayer, dialogue, and active evangelization.



UPRISE
Our Catholic Generosity Commitment

As you continue your new self-quarantine and social distancing...

Keep your loving heart and mercy in action with UPRISE!

We have fresh ideas to share at your request, UPRISE movement-makers! Clearly we are all living in a new world culture given the global pandemic of CoVid-19...the old has past away for a time, and new has emerged. We have been sent to our homes, families, or loved ones, with the intention of “flattening the infection curve” so that for those who contract the virus and need help, our actions taken today will prevent an overwhelmingly large demand of patients straining our healthcare providers and hospitals. Thank you for your smart choice to “stay home” and *stay well, while continuing to serve!*

Many of you had begun UPRISE 14 Works of Mercy generosity initiatives within your schools and parish youth ministry programs at the start of Lent this year - *thank you* for reaching out during this





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Social Media as a helpful UPRISE Partner...

As you continue to advance your UPRISE activities at this time, also include posting on your and UPRISE's Facebook and Instagram feeds to bring the love, light, and mercy of the Gospel and the Catholic faith to all nations, passionately articulating Jesus's love for all of us as the Body of Christ, using all forms of contemporary communications!

The Second Vatican Council's Decree on the Media of Social Communications *Inter Mirifica* opens with the lines: *Among the wonderful technological discoveries which men and women of talent in the present ear have made with God's help, the Church welcomes and promotes with special interest those which have a most direct relation to new avenues of communicating...*"

Thank you for posting your UPRISE generous works of mercy on social media:

<https://www.facebook.com/CatholicUprise/>

<https://www.instagram.com/catholicuprise/>

pandemic. In particular, young adults are asking for *new ideas* about how to continue to advance the UPRISE generosity movement, while staying at home for this time. We all so appreciate your commitment to UPRISE, and remain inspired by your Catholic faith-in-action leadership throughout your homes, with your classroom peers, and within your church community!

This handout is intended to offer you a few new ideas of how to continue to implement UPRISE during Lent, while quarantined. We hope this ideas actually inspire and *jump-start your own creative thinking*, led by your generous heart of love, care, and mercy for others in need. We know from your sharing of your Stories of UPRISE Impact over these past couple of years you share UPRISE and the works of mercy, doing it with your eyes focused on our Lord, all done for His praise and glory!

Please feel free to contact our volunteer global steward for UPRISE, Colleen Mitchell, if you have any questions, have ideas you want to share with others, or share your *Stories of Impact* from your new works of mercy that you would like to see posted on the www.catholicuprise.com website. With UPRISE now in 28 countries around the world, let's all *virtually* join hands and continue to serve others during this most difficult time, bringing as many as possible your faith, hope and love for Christ, our true and living God! *Blessings!*





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As our Catholic Church beautifully teaches us,

“The works of mercy are charitable actions by which we come to the aid of our neighbor in his spiritual and bodily necessities.” (CCC, 2447)

Here are a few more ideas to help you participate in the UPRISE movement while you are social-distancing...remember to visit the website for a list of the 14 Works of Mercy:

<https://catholicuprise.com/help-others/the-14-works-of-mercy/>

1. **Meditate on the works of mercy!** If you do the UPRISE works of mercy out of a sense of *charity* rather than obligation, then take the opportunity to *personalize* them. Visit https://catholicuprise.com/wp-content/uploads/2018/02/uprise_14-works-of-mercy-journal_WEB.pdf to download an UPRISE Journal to write in. To meditate on something from a Christian point of view means to make connections between a teaching and one's personal life experiences. Select one or more of the UPRISE Works of Mercy and reflect upon it, pondering how you have been the recipient of it? Reflect upon how you have seen others perform each work of mercy? Ask yourself how you have practiced the works of mercy in your own life? Even ask yourself how you may have failed to practice each work of mercy? Make an essential, personal connection through UPRISE. The goal here is to help you reflect on ways you have experienced the works of mercy and are called to practice them.
2. **Create your own Skits and scenarios!** One of the best ways to personalize and add meaning to Church teachings is to act out skits or scenarios that show how you can apply these ideas. For the works of mercy, assign one of the works to your parents and siblings each. Give them time to plan a skit with each other that shows that work of mercy in action, and then have them act it out with a portion of the family serving as the audience! You might even suggest that they perform two skits: one with a person doing the work of mercy and one with them failing to practice mercy. Make sure you discuss with your family each skit afterward, and then continue to challenge each other to make personal connections with ways you each can live out each scenario you acted out, later on in your daily lives.
3. **Pray the works of mercy!** Turn each one of the works of mercy into an opportunity to create prayers. Visit <https://catholicuprise.com/wp-content/uploads/2017/09/uprise-certificate.pdf> to download an UPRISE certificate, where you can keep track of each work of mercy prayer, and even download the icons to help you keep track! <https://catholicuprise.com/toolkit-resources/graphics-library/#1495692201344-1a6cdf73-521c> Try composing prayers offering praise to God for the specific times you reached out to others in need through a work of mercy. Compose a prayer asking for God's forgiveness for the specific time you did not practice a works of mercy when you had the opportunity to do so. More importantly, though, creating a prayer book will guide you to feel mercy for specific people. Pray for those you know or do not know who may be hungry, thirsty, naked, homeless, sick, imprisoned, and always pray for the dead. Pray for those who are doubtful, ignorant, sinning, or sorrowful. Even pray for those who have offended you! These prayers, especially when said out loud or written out, can be powerful ways for you to personally experience a sense of God's mercy. Imagine what might happen next: Instead of performing each of these works of mercy out of a sense of duty, they might do so out of a sense of the true mercy you felt through prayer!