

Corporal Works of Mercy Examples

Examples for each of the Corporal Works of Mercy. Some of these correlate to the homily series notes. This is not an exhaustive list, many more examples can be found online.



FEED THE HUNGRY

- Prepare a meal for your family and schedule at least one family meal per week.
- Put your phone away when eating with others.
- Choose not to overeat and avoid wasting food when shopping, preparing meals, and eating.
- Help in local efforts like the St. Vincent de Paul Society, Catholic Charities, Catholic Outreach, Helping Hands, and local food banks and food pantries.
- Serve at a local soup kitchen.
- Make a meal(s) for someone who is ill or who had a friend or relative pass away.
- Share a meal and conversation with someone who is homebound or who lives alone.
- Before meals: thank God and the cook for the food and pray for those lacking food.
- Participate in food drives.
- Schedule one family meal per week.
- Practice spiritual Holy Communion at least once a day (praying with Jesus in the Eucharist when one can't physically receive the Eucharist).
- Sign up for a gleaning project.
- Prepare or share a meal with someone grieving (the grief may be many months old).
- Bringing meals to a neighbor at a difficult time, such as after a stay in the hospital or at the death of a loved one.
- Re-visit the practices of fasting and abstinence, use the resources to help someone who needs a meal.

GIVE DRINK TO THE THIRSTY



- Provide a healthy water supply and infrastructure.
- Fix plumbing leaks.
- Show gratitude for the plentiful water we have by conserving water in our daily activities.
- Take a cold glass of water to a neighbor working outside.
- Pass out water bottles to the homeless or prepare blessing bags with water to share with people you often encounter at street corners.
- Give a bottle of water to a construction worker, lawn maintenance worker, or anyone who is working under the searing sun.
- Invite a friend, neighbor or family member to Mass (those who thirst for the knowledge of God).
- Donate baby formula.
- When sharing something with someone in need, our sharing should be considerate. Be thoughtful of their needs. (Cold water in the heat of the day.)
- If a child (or spouse) asks for a drink in the middle of the night, serve that child cheerfully with compassion.





CLOTHE THE NAKED

Clothing provides for two basic human needs: protection and dignity.

- Clean out closets and have a collection at Mass or take clothes to a local charity.
- Provide baby clothes to a local crisis pregnancy center.
- Finding the grace to be patient while dealing with a toddler who only wants to wear the blue shirt or helping a teen dress attractively, yet modestly.
- Donate clothing for school children.
- Provide socks and underwear for a local homeless shelter.
- Volunteer at a local charitable thrift store.
- Dress modestly and appropriately to show self-respect as well as respect for others.
- Help an elderly person put on their socks.
- Instead of buying clothes we want but do not need, use the same amount of money to buy new clothing items to donate to a thrift-shop or homeless shelter.
- If we discover a product/item was produced at the cost of the human dignity of those who made it, we should boycott that product and let the manufacturer know why.
- Confront the crime of sexual exploitation in society, particularly the plague of pornography.

SHELTER THE HOMELESS



- Show hospitality to newcomers and visitors and invite them to return.
- Volunteer or donate resources to organizations that help the homeless.
- Support your local homeless shelter.
- Provide a home for orphans and foster children.

- Build a house with Habitat for Humanity.
- Help local refugees.
- Welcome parishioners at the beginning and end of Mass.
- Make your family, co-workers, or anyone you encounter each day feel at home by showing your hospitality, acceptance, and respect for them.
- If someone is begging, give them a kind word and spare change. Treat them with dignity.
- Working to make your house a beautiful, orderly, welcoming and hospitable home reminds your family of their dignity as Children of God.
- Participate in the Diocesan Mission effort with Christ in the City (May 18-June 8, 2025)



VISIT THE SICK

- Visiting the sick can start with your family who might be having a tough day... By offering hot tea, a back rub, or making their favorite dish, etc.
- Volunteer at the hospital or assisted living, help residents connect with their loved ones via phone or video – dialing, or positioning the phone so they can talk.
- Provide companionship or housekeeping for the sick, mentally ill, elderly, and homebound.
- Join a ministry to the sick, bring communion to the homebound and nursing homes.
- Help the elderly to sign, address, and mail cards.
- Do yardwork or handyman tasks for the homebound.
- Drop off dinner to someone whose family member is sick.
- Call the parish for a priest to anoint someone who is in hospital or about to have a major surgery. Anointing of the sick is for the healing of both the body and spirit.
- Bring someone to an Anointing of the Sick service at the parish.

- Volunteer at John XXIII Residence in Lutz (or another assisted living center).
- Help drive the elderly to their doctor's appointment(s) and Sunday Mass.
- Offer spiritual bouquets for the sick.
- Make visits or cards to someone who is ill to remind them they are not alone. But be sensitive to individual needs – some people prefer privacy when unwell.
- Be humble to ask those who are sick what help they want (instead of assuming we know already).
- Pray for our loved ones who are sick, as well as our neighbors who have no friends or family at hand.
- When a child or spouse (or other loved one is sick) and you are called to care for them, refuse to treat him or her as a burden or inconvenience, even though your schedule has been thrown into chaos.

VISIT THE IMPRISONED



Also consider those imprisoned by the circumstances of life.

- Visit those in jails and prisons.
- Help the families of prisoners.
- Write to inmates who need social contact, try reaching out to a prison ministry.
- Provide Bibles, prayer books, or other religious literature for prisoners.
- Provide jobs to former prisoners.
- Visit the elderly shut-ins in our parishes, the residents of homes for the aged, and those who are trapped in addictions of various kinds.
- Call someone who is homebound and offer to go grocery shopping to them.
- Invite someone who is homebound and offer to bring them to Mass.
- If we give a child a time-out, visit them a few minutes later and talk them through their error, teach them what to do instead and work to rebuild their relationship with you. Show our children they still have worth and dignity even when they mess up.



BURY THE DEAD

- Provide companionship to the dying.
- Make a meal for a grieving family.
- Attend funerals/wake services.
- Attend a funeral even when the person is unknown to us or join a funeral ministry
- Comfort to the family of the deceased.
- Share grief support programs/materials with the grieving.
- Volunteer in your parish bereavement ministry.
- Help a widow or widower with tasks and invite them to events.
- Visit a cemetery and pray for the dead and take flowers.
- Join a respect life ministry or participate in their events.
- Volunteer with cemetery cleanup days.
- Pray the Divine Mercy chaplet and rosary with and for people who are dying.
- Send a note or make a phone call on the 6-month and one-year anniversary after the death of their loved one.
- Participate in a cemetery clean-up
- Donate to a parish fund to help those who cannot meet funeral expenses.
- Have Masses celebrated for the repose of the souls who have died.
- Help a child deal with the loss of a pet, or face the death of a beloved relative (requires compassion and sensitivity, even as you deal with your own grief).

