

Grades 9 - 11 Romans 12 Project Idea Sheet

A total of 4 hours per school year spread over one or more projects

AREAS OF STUDENT INTEREST	PROJECT IDEAS
Showing Compassion	Serve a meal at a soup kitchen
	Participate in or coordinate a food drive for a local pantry
	Donate food at a food pantry, especially around Thanksgiving or Christmas
	Organize a Gift Tree for Christmas
	Assist with celebrating the annual All Souls' Mass of Remembrance
	Request a Mass intention for someone going through a tough time
	Keep your own book of prayer intentions, writing down names of those you are praying for
Service	Help a neighbor with yard work
	Volunteer at St. Vincent de Paul
	Join the Altar Server or Usher ministry at St. Gabriel
	Make a home-cooked meal for your family
Befriending Others	Volunteer at a senior living center (in coordination with the parish Pastoral Minister)
	Befriend someone your age at school or the parish who you don't know
	Join the Greeter ministry at St. Gabriel
	With a parent or other adult, visit an elderly neighbor for a friendly visit
Visual arts	Study illuminated manuscripts from the Middle Ages and create your own illuminated manuscript page using the text of the Our Father, or the Hail Mary, or another prayer.
	Prepare a short 5-minutes presentation for your Small Group on the various artistic symbols a person might find on gravestones, especially older gravestones, and what those symbols are trying to communicate to the viewer.
	Paint or draw an image (minimum 8.5 x 11") of your favorite Saint. Study the Saint's iconography and incorporate that iconography into your own image. Share the image with your Faith Formation leaders (or even your Small Group) and explain the iconography to them and how it helps to identify the particular Saint you've depicted.
Musical arts	Join the Music Ministry at the parish for a semester as one of the parish musicians (keyboard, cantor, or other instrumental).
	Write a 500-word article for the parish bulletin that tells the story behind a favorite hymn, chant, or song we sing at Mass (e.g., "O Come All Ye Faithful," "Now Thank We All Our God," etc.): who the composer was, why the music was written, and what the composer's intent was in creating the music for people to sing--among other possible angles.
	Coordinate with other classmates who are musically inclined and, in cooperation with the parish Director of Music: plan the music for a Mass, write out why you chose the music in relation to the Scripture readings for the day, and lead the congregation in singing the praises of God at a weekend Mass. You would need at least a keyboardist and a cantor. Note: This must be done with oversight from the parish Director of Music.
Working with Your Hands	Volunteer to help with groundskeeping at the cemetery
	Volunteer to help with maintenance at the parish
	Join the Liturgical Arts & Environment committee at the parish for a year
	Create blankets for homeless shelters
The Environment	Organize a tree planting program within the parish, and advertise for it in parish communications (e.g., bulletin, newsletter) making reference to Catholic teaching on stewardship of natural resources.
	Organize a vegetable gardening project on parish grounds to practice what the Lord teaches about sowing and reaping, and to practice good stewardship of natural resources. Share in the some of the produce, but also share the produce with those in need.
	Organize a clean-up event through the parish (maybe also in cooperation with the City) to beautify the natural environment and reduce pollution.

Law	Write a 500-word article for the parish bulletin that compares and contrasts the role of U.S. civil law in forming a just secular society, and the role of canon law (Church law) and Divine Law (God's law) in forming a just Church/religious society on earth.
	Prepare a short 5-minute presentation for your Small Group on the various levels of legislative documents in the Catholic Church (e.g., an Apostolic Constitution, an Instruction, a Motu Proprio, Canon Law, a Dogmatic Constitution, a Declaration, etc.) and the extent to which each type of legislation is "binding" on the faithful and Church leaders.
Athletics & Health	Write a 500-word article for the parish bulletin that tells how sports helps you: to build Christian character and values, to practice your calling to be Christ to others, and to experience God's gift of life through health, teammates, victory, defeat, and personal growth.
	Organize a group of teammates and, with an adult supervisor as a facilitator, share amongst yourselves how your faith and/or relationship with God as his beloved child helps you to cope with the stress of sports and the pressures to succeed. You could also share amongst yourselves how your Catholic faith shapes your sense of commitment and discipline, not only to the sport but to the team as well.
	Create a team sport or game that makes reference to elements of the Catholic faith, the struggle against sin, and how victory is won. Organize and play the game, possibly within your Small Group.
	Create a wall chart that illustrates how care of the body and mind reflects our call to be good stewards of God's gift of our body and mind, and how our health supports the Lord's mission in the world.
Journalistic Writing	Write stories about parish happenings for the monthly parish newsletter or bulletin.
	Investigate an issue in the global Church and write a report on the various angles of the issue.
Creative Writing	Write a short story of fiction that expresses or teaches a truth of the Catholic faith.
	Write a series of seven poems that expresses the mystery of each of the seven sacraments.
	Pick a hymn tune/melody and compose verses that match the meter of the hymn tune/melody. The verses could be for one of the liturgical seasons or celebrations (Advent, Christmas, Lent, Easter, Pentecost, Christ the King, All Saints, All Souls, etc.)
Education and Teaching	Arrange with the parish Faith Formation Coordinators to teach (or co-teach) a catechetical lesson to a class of elementary Faith Formation students. Prepare the lesson plan, coordinate teaching materials, and involve the students in their learning about the faith and Jesus. Afterward, spend a few minutes to discuss the experience with Faith Formation Coordinators and how God worked through you.
Addressing Injustice	Choose a topic of interest to you and write a report that describes the situation/injustice, why it is an example of injustice, and how the Catholic Church responds to it (both in theory and in practice).
History	Prepare a 5-10 minute presentation for your Small Group on the ministries of each of the Twelve Apostles, the geographical extent of their ministry, where they died, and where their relics or remains or kept.
	Write a 500-word article for the parish bulletin about some aspect of Church History that interests you (e.g., the Crusades, the Catholic Reformation, the relationship of the U.S. Founding Fathers to the Catholic Church, etc.).
Community Engagement	Participate in monthly Pastoral Council meetings at the parish
Finance and Money	Read pgs 13-40 in "ChurchMoney," by White and Corcoran (the parish will buy the book for you), on the relationship between money and mission in the Church. Prepare a 5-minute presentation on what you've learned and present it to either your Small Group or the Parish Finance Council (during a regular meeting of the Finance Council).
	Review the parish's current year budget and investigate how the parish's expenses support the Church's mission of evangelization, worship, education, etc. Prepare a simple spreadsheet that lists parish expenses, the amounts of those expenses, and what aspect of the Church's mission they support. Share what you've learned with either your Small Group or with the Faith Formation Coordinators.
	Identify, research, and make a financial contribution to an organization that serves the hungry and those in need.

Prayer and Worship	Join the Altar Server ministry at St. Gabriel
	Coordinate a youth group prayer service at a cemetery during November
	Join the Liturgical Arts & Environment committee at the parish for a year
	Organize a youth prayer group that meets before school
	Go to the funeral of someone and pray for the deceased person
	Serve as an assistant catechist for elementary grades for a few classes
	Assist with celebrating the annual All Souls' Mass of Remembrance
	Foster prayer among your family at home
	Organize Rosary walks with others around your neighborhood
	Request a Mass intention for someone going through a tough time
	Keep your own book of prayer intentions, writing down names of those you are praying for
	Commit to praying a weekly Holy Hour
Priesthood or Religious Life	Commit to praying Morning Prayer, Evening Prayer, or Compline for one month
	Foster prayer among your family at home
	Organize Rosary walks with others around your neighborhood
	Keep your own book of prayer intentions, writing down names of those you are praying for
Theology or Biblical Study	Watch content on formed.org once a month and write a 400-word report for the parish bulletin
	Participate in Thursday night Bible Study at the parish
	Study the history of the development of the Bible and why Catholic and Protestant Bibles are different; write an article about it for the parish bulletin