

Service Ideas

- Write letters to service men/women and Catholic missionaries
- Clean up an abandoned building
- Assist in baby sitting when there is an emergency
- Offer people rides to church meetings
- Play catch with a child
- Write letters to grandparents or other seniors
- Clean out your closet and donate clothes
- Make goodies to give to teachers or people at work
- Do yard work for widows or others in need in your neighborhood
- Give to the Blood Drive
- Deliver meals to the housebound
- Walk dogs for people who are too ill or disabled
- Do yard work for a neighbor who is out of town
- Drive elderly to grocery shop or to doctor visits
- Write a thank you card to a teacher
- Send a stuffed animal to a children's hospital
- Pick up trash in your neighborhood
- Give financial help to a Catholic mission
- Clean the grounds in a cemetery
- Bake a birthday cake for someone with no children in the area
- Help at a soup kitchen
- Let someone go in front of you in a checkout line
- Be-friend someone new at school or in church who is not with anyone
- Design a service project
- Do something nice for your siblings, your mother or your father
- Visit those who are homebound or in nursing homes

- Offer babysitting for someone who cannot afford to pay you
- Help an organization that needs volunteers
- Run errands for a homebound neighbor
- Sort donated food and clothing at the Sharing Room
- Help someone who is moving into your neighborhood
- Collect 100 cans of food per month to give to the Sharing Room
- Offer to be a driver for our Sharing Room
- Raise or donate money for the local Red Cross or other needy organization
- Participate in a charity run
- Collect unused makeup and perfume to donate to the less fortunate
- Collect used sports equipment
- Teach computer skills to the elderly or anyone who does not have that skill
- Pick-up medicine for the elderly or a neighbor who does not drive
- Rake leaves, shovel snow or wash windows
- Bake cookies for the homebound or those in a nursing home
- Sponsor a recycling program
- Donate blankets/sleeping bags to the Sharing Room
- Collect 100 pairs shoes/eyeglasses/coats
- Host a 100 Hours of Service Project

Spiritual Ideas

Activities

- Research the Bible for 100 names used for Jesus (yes, there are 100!)
- Perform 100 Acts of Kindness
- Read one page of the Bible every day for 100 days
- Read about 100 different saints over the year
- Publish a list of 100 Joys in Life (simple joys, creative joys, spiritual joys, silly joys)
- Pack 100 brown bags and say 100 Hail Marys while you pack them

Evangelize

Pass out 100 little Divine Mercy cards or Miraculous Medals (items can be gotten for free or at very low cost). Requires learning about the devotion and the incredible grace it brings to all people. It also requires some courage and pushing one's self to spread the gospel.

100 Arrow Prayers

Arrow Prayers are like sending an arrow up to heaven--they help us to remember God and to connect with him even when we are busy with ordinary things. If you have a tedious chore or task that you do every week (take out the trash, unload the dishwasher, feed the dog, brush your teeth), say 101 Arrow Prayers in your head and heart each time and you will have said 100 before you know it! Examples...

Help me Jesus.

Lord, fill me with your love.

God, please make me a saint.

Jesus, give me a heart like yours.

Extra bonus: The more you say these prayers, the more natural it becomes to rely on God for help. Soon you will find things going more smoothly in your life and you will feel happier. Doing your chore or task no longer bothers you. Others will be attracted to you because of your joyful spirit. Try it, it works!

St. Joseph Challenge

Our parish began as a mission of St. Joseph's Parish in Wilmette. It's no surprise that, his beloved spouse, Our Lady became our patroness.

- Say "St. Joseph, pray for us!" every morning or before you go to bed at night in remembrance for the St. Joseph's parishioners who gave their time, treasure and talent to found what became OLPH Parish.
- Participate in the new St. Joseph Devotion on the 19th of every month at 9:00 am in the Lady Chapel or get a prayer sheet from the Devotions Ministry and pray on your own.

Fatima Shepherds Eucharistic Prayer Challenge

An angel taught the three little shepherds how to pray before the Blessed Sacrament with a few short prayers. They prayed these prayers over and over for hours and it brought them great peace and holiness. The Challenge is to go to Mass every Sunday during the 100 Centennial Year and silently pray this prayer 3X when Father consumes the Eucharist and the Precious Blood. Here is the prayer:

My God, I believe, I adore, I trust and I love you.

I beg pardon for those who do not believe, do not adore, do not trust and do not love you.

If you pray it 3x in a row at most Sunday Masses, you will have prayed it at least 100 times in the Centennial Year and you will receive great grace from God!

The Hour of Power 100-Day Challenge

For 100 Days, set your phone alarm to go off every day at 3:00 pm and do the following:

- Remember how Jesus sacrificed his life for you on the Cross
- Pray in your heart or out loud:
Jesus, I Trust in You!
Jesus, I trust in You!
Jesus, I Trust in You!

Eucharistic Adoration

Spend 1 hour a week with Jesus in silent Eucharistic Adoration. Ideal for Scripture Study preparation or any kind of spiritual reading.

- **OLPH:** Fridays 9:00 – 4:00 pm in the Lady Chapel
- **Saint Catherine Laboure:** 24/7, 365 days a year in the Holy Family Adoration Chapel behind the church
- **Upcoming:** Third Thursday of the month 6:00 – 7:00 pm in Lady Chapel

The Most Holy Rosary

Every Rosary contains 53 Hail Marys. If you pray it twice a week, you will have said 106 Hail Mary prayers every week of the Centennial Year.

- Pledge to pray the Rosary 100 times in the Centennial Year.

I Love You Jesus 100X Challenge

When you are waiting for Mass to begin or when you are kneeling after Communion, look up at Jesus on the Cross and silently in your head and heart say “I Love You” 100 times. You can use your fingers to keep track but don’t stop looking at Jesus. It will change your life. Try it!