

2021-2022 School Year

Service Ideas



Being God's hands and Feet



Ideas for Service

Service ideas are broken down by Community, doing it with your family or sponsor, church and using your gifts

Community Service

This list will give you some ideas that you can do for the community or to do as a family or with your sponsor.

- Donate your allowance or money you get for chores for local organizations like the Red Cross
- Contact a tree farm about donating Christmas trees to nursing homes, hospitals, or to families who can't afford to buy their own
- Collect unused makeup and perfume to donate to a center for abused women
- Help deliver meals and gifts to the homebound
- Start a story time in your neighborhood for all the kids
- Donate your allowance or money you get for chores for local organizations like the Red Cross
- For your next birthday, ask for charitable donations instead of gifts



- Send cards to soldiers serving overseas
- Organize a car wash or a lemonade stand and donate the profits to charity
- Make blankets and donate to children in hospitals or homeless shelters
- Collect baby clothes and supplies to donate to new parents
- Collect used sports equipment to donate to families and after-school programs
- Give free music lessons to schoolchildren
- Organize events to help new students make friends
- Babysit children so parents can have a break
- Donate used children's books to a school library
- Read to residents at a nursing home
- Teach computer skills to the elderly
- Mow an elderly neighbor's lawn
- Host a bingo night for nursing home residents
- Host a meal for senior citizens
- Make "thinking of you cards" for the elderly
- Donate and decorate a Christmas tree to a nursing home
- Organize a family day for residents of a retirement home and relatives to play games together
- Ask residents of a retirement home to tell you about their lives
- Perform a concert or play at a senior center
- Help elderly neighbors clean their homes and organize their belongings
- Rake leaves, shovel snow, or wash windows for a senior citizen
- Deliver cookies to a homebound senior citizen
- Take care of cats and dogs at an animal shelter
- Clean up a local park
- Plant a tree

- Place a bird feeder and bird fountain in your backyard
- Start a butterfly or Honey Bee garden
- Help train service dogs
- Adopt an acre of rainforest
- Participate in the cleanup of a local river, pond, or lake
- Foster animals that shelters don't have space for
- Care for a neighbor's pet while they are away
- Sponsor an animal at your local zoo
- Build and set up a bird house
- Help build a house with Habitat for Humanity
- Donate your old clothes
- Volunteer at a soup kitchen
- Help prepare a home-cooked meal for the residents of a nearby homeless shelter
- Collect and donate art supplies to kids in a homeless shelter
- Make first aid kits for homeless shelters
- Volunteer as a crossing guard for an elementary school
- Donate used books to your local library
- Create a newcomers group in your neighborhood to help welcome new families
- Volunteer to clean up trash: at a community event, a park, etc
- Donate old eyeglasses to an organization that collects that and distributes them to people in need
- Donate non-perishable food to a food bank
- Make and donate blankets to a homeless shelter
- Make "care kits" to donate to homeless shelters
- Make "Washcloth Kits" to donate to homeless shelter

Church Service

This list will give you some ideas that you can do for the Church and Parish community

- Alter serve for the year
- Greet for a year
- Help with religious education
- Help clean up Church and Holy Family grounds
- Help weed the Church and Holy Family grounds
- Help plant flowers around the Church and Holy Family
- Help decorate the church



Gifts Service

This list will give you some ideas that you can do using your Gifts

- Tutor children during or after school
- Start a story time in your neighborhood for all the kids
- Make blankets and donate to children in hospitals or homeless shelters
- Assist in coaching a youth sports team
- Give free music lessons to schoolchildren
- Create a new game for children to play



- Organize events to help new students make friends
- Teach computer skills to the elderly
- Perform a concert or play at a senior center
- Help train service dogs
- Bake a batch of cookies and deliver to the local fire or police department
- Volunteer as a crossing guard for an elementary school





Organizations

These are just a few organization that are always looking for volunteers, donations, and assistants

Habitat for Humanities - 248.338.8392 - habitatoakland.org

Rainbow connection - 248.601.9474

EasterSeals - 248.475.6300 - easterseals.com/michigan/

God's Helping Hands - 248.852.7400

Michigan Animal Rescue League - 248.335.9290 - marleague.org

Forever Families - 734.762.0909 - forever-families.org

Judson Center - 248.549.4339 - judsoncenter.org

Oakland Meals on Wheels - 248.689.0001 - oaklandmow.org

Grace Centers of Hope - 248.334.2187 - gracecentersofhope.org

Frankies Helping Hands - 248.991.5900 - frankieshelpinghands.godaddysites.com

Wish Upon a Teen - 248.792.2938 - wishuponateen.org

Crossroads care - 248.293.0070 - crossroadscarecenter.org

Covenant House Michigan - 313.463.2343 - covenanthousemi.org

Solanus Casey Center - 313.579.2100 - solanuscenter.org

Capuchin Soup Kitchen - 313.579.2100 - cskdetroit.org

Pope Francis Center - 313.964.2823 - popefranciscenter.org

St. Aloysius Parish - 313.237.5810

Deo Gratias - 313.743.0477 - dgmmdetroit.org

Voices for Earth Justice - 313.409.8329 - www.voices4earth.org

Project Gratitude - (818) 960-7878 - operationgratitude.com



Projects

Projects you can make by yourself or with your family to donate to the varies organizations



Make Blankets



Fleece Tie Blanket are easy No-Sew Project for Kids and Adults

Working Time: 30 mins

Total Time: 30 mins

Yield: 1 blanket

Skill Level: Kid-friendly

Estimated Cost: \$10

What You'll Need:

Equipment/Tools: Rotary cutter
Cutting ruler
Cutting mat
Ruler
Pen or pencil
Scissors
Materials
1 1/2 yard anti-pill fleece

Cutting the Materials

When you purchase fleece by the yard, it almost always needs to be trimmed and straightened. At the very least, you need to cut off the salvage edge.

Start out by laying the piece of fleece that will be the back of your blanket, right side down, on your work surface. This works best on a large area of the floor. Smooth out the piece of fleece with your hands.

Now, lay the piece of fleece that will be the front of your blanket, right side up, on top of the first piece of fleece. Again, smooth out the piece of fleece so it lies flat.

Cut through both pieces of fleece, trimming it to whatever size you want your blanket to be and squaring up the edges. The cuts do not have to be perfectly even, but they should be relatively straight. Keep in mind that the finished blanket will appear about 10 to 12 inches smaller than the size you cut because of the fringe.

Measure and Cut the Blanket Corners

Measure a square at each corner that is the same length as what you want the fringe to be. The sample fringe is about 6 inches long, so the square is 6 inches from each side in the corner. You can adjust this if you'd like, starting with a square that is anywhere from 4 inches to 8 inches.

If you are using a rotary cutter, align the cutting ruler and cut the square.

If you are using a pencil and scissors, mark the lines for the square. Cut out the square with scissors.

Repeat this for each corner. Make sure that you cut through both layers of the fleece. Try to cut as straight as possible, but don't worry about the lines being perfectly even. Once they are tied together, you will never notice any differences.

Cut the Blanket Fringe

Next, start making the fringe along each edge, cutting through both thicknesses of fleece. Each strip should be the same length as your starter square and anywhere from 1 inch to 2 inches wide. The sample is 6 inches long and 2 inches wide.

If you're using a rotary cutter, use the ruler to measure and cut the strips, working around the entire blanket.

If you're using scissors, measure and mark all the fringe lines first. Then go back and cut the marked lines. This will help keep the cuts straight.

Depending on the size of your blanket, the fringe cuts may not come out even on their own. You don't want a tiny or huge strip at the end. To fix this, when you get about 18 inches from one end, measure how much is left to mark or cut. If the width of the strips doesn't go into that length evenly, adjust the width of the strips slightly.

For example, if you have about 15.5 inches left, start making the fringe just a tiny bit narrower. Measure again after a few strips to be sure that the fabric divides evenly now.

Tying the Fringe

To attach the top piece of fleece to the bottom piece of fleece, tie the fringe together. Hold a set of fringe pieces (a back and front piece), and tie a square knot.

Tie each knot so it is tight, but try not to pull at the fabric too much.

Continue tying the pieces of fleece together until you have worked your way all around the blanket. Your fleece tied blanket is now done.



How To Make Plastic Bag Sleeping Mats



How to Make Plarn:

What you'll need:

- 500-700 plastic shopping bags (for a person-sized mat, but can vary depending on what you're using the mat for)
- 10mm or larger Crochet hook
- Scissors

Instructions:

1. Flatten the plastic bag to best you can and straighten any of the bags creases
2. Cut off the handles and the bottom seam so that you're left with a rectangle. This can then be cut into four strips that become loops when opened up.
3. After you have lots of loops, hook them together with a basic larks head knot. This is done by overlapping two of the loops end-to-end, then pulling the top of one end through the middle intersection of the two loops. Repeat this step.
4. From here you can start to crochet! You'll need approximately 42 chain stitches, and then continue to crochet until you arrive at your desired length.
5. Recycle the scrap plastic at your local grocery store to ensure that nothing is wasted.

Some tips:

Don't make your chains and knots too tight or they'll break!

If you have different sized bags, make the size of the strips consistent with each bag, and cut narrower strips for thicker bags.

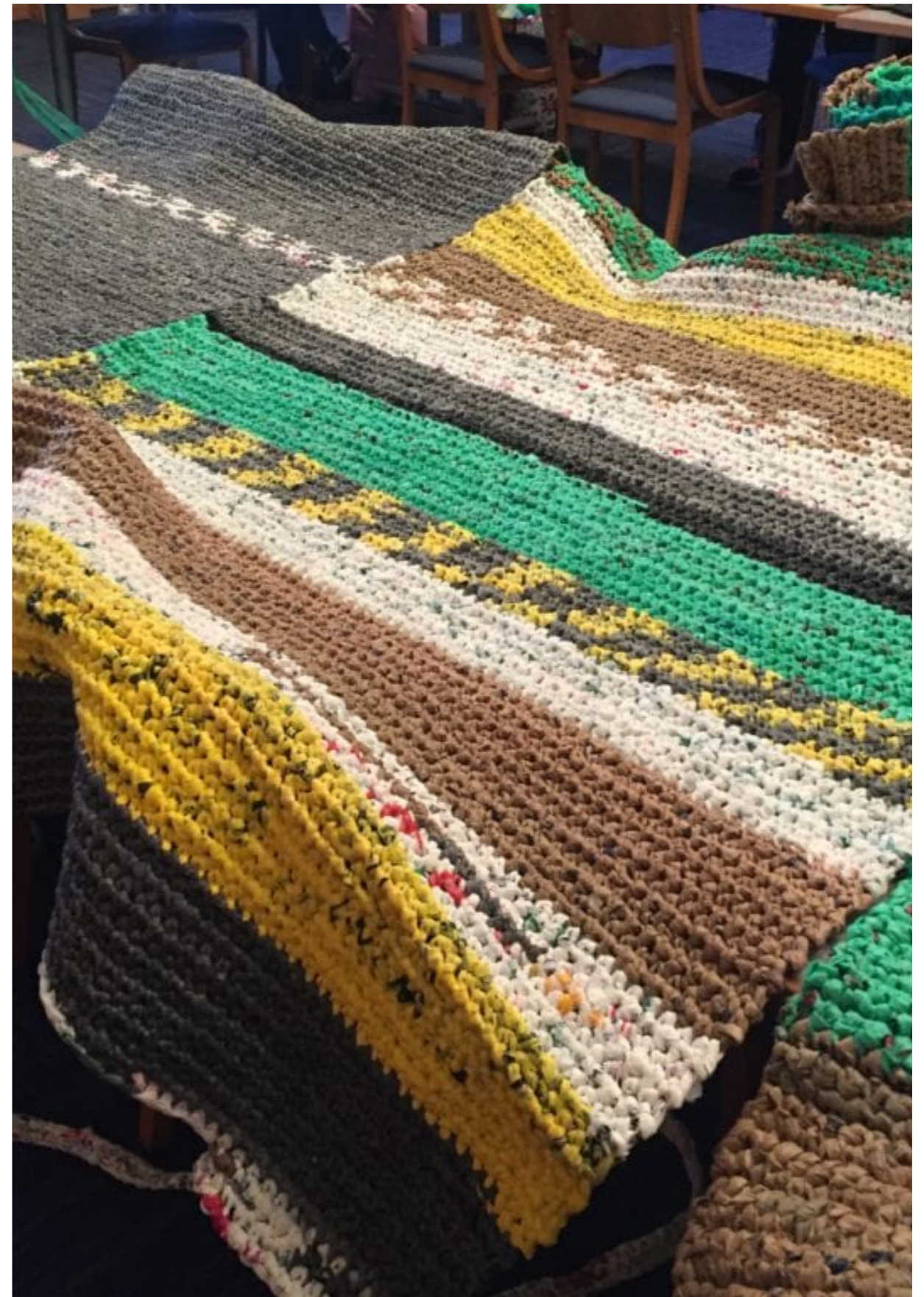


Sleeping Mats Made From Plastic Bags

How to make crocheted homeless plastic bag floor mats

Supplies:

- scissors or rotary cutter with used blades
- 8 mm or any large crochet hook
- Clean plastic supermarket bags (500-700 per mat)
(Thicker bags or thinner bags can be used with modifications to size of strips.)



Directions:

- Flatten bag
 - Fold in half lengthwise, then fold in half again lengthwise
 - If using regular supermarket bags, cut guide strips 2.5" – 3" in width. For thicker bags cut guide strips 2"-2.5". For thinner bags, like dry cleaner uses, cut strips 3.5-4
 - Strips used should be strong enough for crochet knot but not so thick to be bulky. Cut them long enough to fit across folded bag.
 - Cut off handles and bottom seam of bags. Recycle these. Using guides cut folded bag into strips.
 - Using a rotary cutter with old blades will be easier on hands than scissors. Tie rings of plastic into yarn.
1. Pick up two rings.
 2. Loop one end through the other.
 3. Loop end of the second ring through itself.
 4. Pull till tight.

5. Repeat steps adding on to this first string.

6. Roll completed strips into a large ball.

Crochet Steps:

- Make little loops to form a chain that is 28"-36" long.
- Crochet loose rings with generous space between loops.
- Make one extra turning chain at end of mat.
- Go back into 3rd loop to make next row.
- Continue this way until you have made a 6' length mat
- Chant as crocheting to remember how to stitch: "Go through, pull through 1.
- Loop around, pull through 2. Crochet from front to back.

Problems that may occur:

Side seam is bumpy, not straight. Could be caused by using yarn that is too thick or by adding/ leaving out a stitch. Not too important how it looks as long as mat is useable.

To make strip to tie around mat:

Crochet 2 rows of single loops to make an 80" strip. Weave 2 ends together with scraps to form a circle.

Donate to groups that go out to feed homeless.

Mats will keep moisture away from body, create heat and be soft to sleep on.



“Care Kits” for the Homeless

Keep kits on hand to give those in need.

When you see a person who is homeless holding a sign on a street corner, are you unsure how to respond?

This project can provide a big-hearted answer for your family.

Possible recipients:

Anyone you encounter who is homeless and asking for help.

What you'll need:

- Stationary
- Pens, crayons, or markers
- Gallon-sized resealable plastic bags or small backpacks or purses you are willing to donate

Essentials or Items You Might Include

- Kleenex
- Tooth brush and paste
- Tissues
- Bandages
- Sunscreen or lotion
- Lip balm
- Hand wipes
- Feminine hygiene products (especially if packing in a purse)
- Socks
- Gloves
- Water or a sports drink

- Granola bars
- Crackers, peanut butter, and a reusable utensil
- Dried fruit

- Small flier directing people to receive help in your area like **Deo Gratias, Pope Francis Center and Capuchin Soup Kitchen** or to call the United Way 2-1-1, which refers people to various services that can help.



Hygiene Kit

What is a hygiene kit?

Hygiene kits are used for homeless people or emergency situations like natural disasters. These kits are meant to be used as a short-term solution until regular supplies and facilities are available.

What do you put in a hygiene kit?

At the very least, basic essential personal hygiene kits should include **soap, shampoo, toothpaste, and toothbrush.**

A list of hygiene products commonly used for all types of personal care kits includes:

- Soap *
- Shampoo *
- Deodorant



- Toothbrush *
- Toothpaste *
- Toothbrush holder
- Razor
- Shaving cream
- Feminine napkins
- Tampons
- Small mirror
- Dental floss
- Skin lotion
- Hair conditioner
- Mouth wash
- Children's toothbrush
- Children's toothpaste
- Baby powder
- Zinc oxide cream
- Hand scrub brush
- Nail clipper
- Wet wipes
- Toothpaste
- Disposable washcloth





“First Aid” Kit

“First Aid” Kit for Homeless

Though not commonly included in care bags, homeless people need first aid items too. Living rough makes them more prone to situations that necessitate first aid.

You can include items like:

- Band-aids.
- Tylenol or Advil.
- Antibacterial wipes.
- Lip balm/petroleum jelly.
- Moleskin
- Gauze bandag





Make All-Twine Knotted Rosaries

While making the Rosaries think of a certain purpose, pray with that intention in mind, and perhaps reflect on certain aspects of that mystery that have to do with the intention. You need not say the Rosary.

What to Do with Completed Knot Rosaries:

There are many things you can do with your completed knot Rosaries. You can give them to friends and family members as gifts, you can donate them to many different Catholic organizations (such as a local parish) for distribution to those who don't have Rosaries, you can donate them to www.RosaryArmy.com, you can give them to soldiers in the military, you can sell them for fundraising, you can use them to help evangelize...



How to Make Knotted Cord/Twine Rosaries

A Rosary Consists of:

- 5 sets of 10 Hail Mary knots (10 knots or beads make a decade)
- An Our Father knot in between each decade
- Once the five decades are made (which will consist of 50 total Hail Mary knots and 4 Our Father knots), the decades are brought together to form a circle at a Centerpiece knot.
- After making the Centerpiece knot there is another Our Father Knot, Three Hail Mary Knots, and then a final Our Father Knot with a Crucifix attached to it (instructions for this knot are different from the other Our Father knot).

Supplies Needed:

- 19.5 to 20 Feet (for a FULL Rosary) or 4.5 to 5 Feet (for a Single Decade Rosary/Chaplet) of #36 Nylon Twine. For a complete list of twine and Crucifix suppliers, please visit www.RosaryArmy.com
- A lighter (preferred) or candle
- Masking tape (optional)
- A Crucifix approximately 1½ "-3" (or 40mm) in length with a circle eyelet big enough for the twine to fit through
- Scissors

Getting Ready (Tips and Tricks):

- There should be 5mm of space between each Hail Mary knot and 10-15mm between Hail Mary and Our Father knots.
- Cut several lengths of twine all at once if you plan on making several Rosaries (Warning: Rosary making is addictive!). Measure out approximately 20 feet of twine, and tightly wrap a piece of masking tape at the 20' mark. This tape will keep the twine from fraying, and it also helps in making the knots of the Rosary. Cut the twine with scissors at the center of the piece of masking tape. Optionally, instead of tape, you can burn the twine at this length with a lighter.
- To make multiple Rosaries, instead of a ruler, use this length of twine to measure additional lengths of twine.
- As with anything, practice makes perfect, and making Rosaries takes practice. Keep at it and you'll experience many blessings. The best part about making Rosaries is giving them away. Persevere and you'll soon know what we mean!

ROSARY ARMY
MAKE THEM. PRAY THEM. GIVE THEM AWAY.



www.RosaryArmy.com

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Making A Hail Mary Knot And A Decade

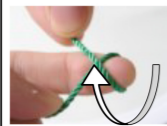
Step 1

When starting a Rosary, find the middle point of your length of twine. This will end up being your Rosary's third decade. Fold the twine over index finger.



Step 2

Loosely loop the twine around your index finger, making an X shape.



Step 3

Lightly loop the twine around your finger two more times (three loops total). Each new loop should be made toward your palm (NOT toward your fingertip).



Step 4

Don't let the loops tangle or overlap. Keep them parallel. Gently move the loops to the end of your finger.

Holding the taped end of the twine used to make the loops around your finger, insert the end of the twine into the back of the loops and pull through, away from your left hand.



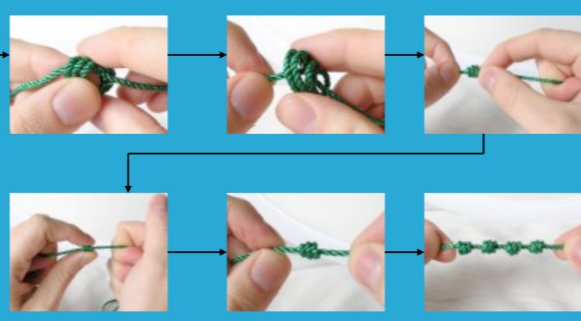
Step 5

Pull the length of twine all the way through the three loops, but don't take the loops off your finger yet!



Step 6 (Tricky Part!)

- CAREFULLY take the three loops off your index finger. Using your left hand fingers as guides, make sure the loops stay aligned and don't criss-cross or tangle.
- With the right hand's middle finger and pinkie, pull the twine to shrink the knot. Once the knot is made, hold the knot tightly with your left fingers, and pull HARD with your right hand to make a nice, tight knot.
- Repeat steps 2-6 nine more times for ten Hail Mary knots. Double-check your knot count and watch your spacing! The Hail Mary knots should be 5mm apart.
- Consistent spacing and tightening takes practice. The more you make them, the better they'll be!



Making an Our Father Knot

Step 1

The Our Father (OF) knot is just like a Hail Mary (HM) knot, but instead of making three loops, start about 15mm from the last Hail Mary knot and wrap the twine around your finger FIVE times.



Step 2

Follow the same method as the Hail Mary knot, sliding the twine off your finger, and slowly tightening the knot, just like in Step 6 of "Making a Hail Mary Knot."



Step 3

The Our Father knot should remain 15mm from the Hail Mary Knot. Make the knot good and tight, and then leave another 15mm of space before starting the first Hail Mary of the next decade.



Step 4

Once you have a decade, an OF knot, and a second decade, go back to your twine's original mid-point, make another OF knot and 10 more HM knots in the opposite direction. Repeat until you have a total of 5 HM decades and 4 OF knots.



Making A Centerpiece Knot

Step 1

Line up the first Hail Mary knot from the first decade and the last Hail Mary knot of the last decade (or first and last knot if making a single decade Rosary).



Step 2

Hold the knots in the palm of your left hand and fold BOTH pieces of twine over your index finger.



Step 3

Loosely loop BOTH strands of twine around your index finger, making an X shape, just like the other knots.



Step 4

Make TWO loops around your index finger with both strands. It will look like there are four strands lined up next to each other.



Step 5

Pull the length of twine all the way through the loops, and then carefully tighten the Centerpiece knot.

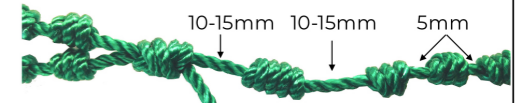


Step 6

Your finished knot should be about 15mm from the first and last Hail Mary knots.



FINISHING KNOTS: On your longest unused twine strand, make an OF knot about 10-15mm from the centerpiece knot. Then, make and space a HM knot 10-15mm from the OF knot. Make 2 more HM knots, each 5mm apart.



Making an Our Father Knot with a Crucifix

Step 1

15mm from your last HM knot, Start a normal Our Father knot, but after running the twine through the loops DON'T tighten it yet!



Step 2

Hold the loops with your left hand, and add the Crucifix on the piece of twine. DON'T tighten the knot yet!



Step 3

Run the end of the twine BACK THROUGH the OF knot. Pull the twine all the way through. The Crucifix is now on a big loop.



Step 4

One side of the loop will tighten the knot; the other makes the loop smaller. The knot may move here, so be careful.



Step 5

Alternately tighten and shorten the loop. Don't let the knot doesn't move too much. Keep it close to the Hail Mary knot.



Step 6

When the knot is completely tightened, pull the twine to shorten the loop and bring the Crucifix to the knot.



And that's it! Once you've made and tightened the Our Father with Crucifix Knot, take scissors and cut the loose strings from the ends of the Rosary (at the Centerpiece knot and at the Our Father with a Crucifix knot). Use a lighter to singe the ends that you just cut to keep them from fraying, being careful to burn only the ends and not any of the knots. For additional help, VIDEO instructions are available on our website. Lastly, have your Rosary blessed by a priest, and pray the Rosary daily. If the Holy Spirit prompts you, give your Rosary away and then make another. **Make Them. Pray Them. Give Them Away.** Help us give Rosaries to whomever wants one. Visit www.RosaryArmy.com for details. God bless you!

“Be God’s Hands
and Feet to others”



If you have any
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