

October Works of

M E R C Y

"I Was Hungry and You Gave Me Food" and "I Was Thirsty and You Gave Me Drink"

Pray for the ill or disabled who cannot fully hydrate themselves	Keep a list of local food banks to hand out to those who need a meal	Clean up trash from a local water source	Check with the parish to see if anyone needs help with grocery shopping	Avoid wasting food
I was hungry & you gave me food Your Choice	Pray for the drought regions in the world	Take a friend out to lunch, your treat	Pack extra water in your car for anyone who needs it	Donate water bottles to a food bank
Conserve water by limiting shower time	Make sandwiches and pass them out to the homeless	GRACE	Donate baby formula for a local pregnancy center	Pay for the coffee or beverage for the person behind you
Consciously serve your family with love	Drink only water for a week and donate the money you saved	Donate to a food drive	Pass out water bottles to the homeless	Bring a meal to a family
Donate to Catholic Relief Services	Keep granola bars in your car to pass out to people in need	I was thirsty & you gave me drink Your Choice	Conserve water by turning off the faucet when you brush your teeth	Volunteer at a food bank

Instructions: As you complete a suggested act of mercy, or something comparable to what is listed, simply mark an X through the square. Once you have completed 5 squares in a row, bring your passport and card either to the Parish Office or the Welcome Desk before a weekend Mass and we will stamp your passport.

**Passports with stamps from all five months will be included in a drawing for a pilgrimage!*

Name: _____

Email: _____