

**COMMUNITY
SERVICE
ST TERESA OF CALCUTTA PARISH**

By preparing for the sacrament of Confirmation, you have made the decision, to the best of your abilities, to take an active part in the life of the Church. With the help of the Holy Spirit, you will be committing yourself to the great task of spreading the Gospel of Jesus through your loving action and words. Community service is the perfect avenue to experience this first hand.

**HOW MANY
HOURS ARE
REQUIRED?**

**15 HOURS
in 8th Grade**

**20 HOURS
in 9th Grade**

If you babysit for someone, you cannot accept money or any type of payment (pizza, movie tickets, cash, etc). It would be better if you sat for someone who truly needed help and could not afford it, or to sit with someone going through difficult times and needs help.

HELPFUL TIPS

You can be creative when it comes to helping your community. You can always start right here, in your own parish/church. Some ideas are:

- Help decorate Church at Christmas
- Help with Christmas Fair
- Help with Church Lenten Soup Suppers
- Help with St. Patrick's Dinner
- Help with Sunday breakfasts
- Bake for Women's Guild bake sales

**Community Service Hours and
Community Service Essay**

**DUE NO LATER THAN
APRIL 19**

List of Some Local Organizations

Buddy Basketball
contact: Melissa Burch 860-767-0470

Buddy Track Program
Contact: Deep River Park and Rec 860-526-6036 or Valley Regional High School

Bushy Hill Nature Center 860-767-2148

Connecticut River Museum 860-767-8269

Community Music School 860-767-7961

Essex Elementary School 860-767-8215

Essex Land Conservation Trust 860-767-2676

Essex Library 860-767-1560

Essex Meadows 860-767-7201

High Hopes Therapeutic Riding Center, Old Lyme 860-434-1974—training is required before volunteering can begin

Ivoryton Library 860-767-1147

Ivoryton Illuminations
contact Jon Steele 860-984-3810

Literacy Volunteers 860-399-5428

Shoreline Soup Kitchens 860-388-1988

Tri-Town Youth Services 860-526-3600

Valley Shore Animal Welfare 860-399-7561

YMCA (Westbrook) 860-399-9622