

Continuing Our Spiritual Journey

Last month we covered the first four Corporal Works of Mercy:

1. *To feed the hungry*
2. *To give drink to the thirsty*
3. *To clothe the naked*
4. *To harbor the stranger*

Whereas those four address a person's physical needs, with the last three we respond through our sense of well-being. With compassion, we reach out to others to help alleviate their struggle. Beyond the obvious act suggested by each Work, there are several related situations where each can be applied. We have included some suggestions of things you can do to help alleviate the pain and agony that loneliness and despair can impose on a person.

5. *Visit the Sick*

- Reaching out with a card, a phone call or stopping to visit.
- Provide for an invalid's needs such as doing their housekeeping, shopping for groceries, doing their laundry, shoveling their snow, mowing their grass or arranging for others to do so.
- Offer transportation to and from doctor's offices and hospitals.
- Praying for the person's recovery.

6. *Visit the Imprisoned*

- Join a Diocesan Prison Ministry.
- Offer assistance to the families of those imprisoned.
- Purchasing bibles and reading materials for prison inmates.
- Pray for the end of capital punishment.
- Pray for the intentions of the imprisoned and their families.

7. *Bury the Dead*

- Attend the wake or funeral of someone who has died.
- Offer Mass intentions for the deceased.
- Offer emotional support to the grieving.
- Respond to the needs of the surviving family.

May these seven Cardinal Works of Mercy help
to form our lives to be as merciful as Jesus.