**How are you already living the “Works of Mercy” ?**

Do you offer food to your family and practice hospitality to others? Do you provide clothing to your family, buy gifts of clothing, and donate clothes to the poor? To you welcome others to stay in your home, including family, friends, and your children’s friends? Do you bring meals to those who are sick or who’ve had a new baby? Do you nurse your own family members back to health when they are ill? If someone in your family feels angry or depressed, do you try to break down the bars they erect to hold others’ away? Do you go to funerals for those who have died, and make sure your deceased relatives have a Mass and follow Catholic teachings on how to bury the dead?

See, you already practice every single Corporal Act of Mercy in your daily life and in the seasons of your year! Does that mean you should not reach beyond the needs of your family or parish? Of course not. However, if you are in a season of your life when you are scrambling just to care for your own family, know that what you do in the ordinary flow of your days is very good.

And what you model and encourage in your children — and in others’ children you may teach – is a way of teaching the Corporal Works of Mercy. *“But as for you, brethren, do not weary of doing good.” (2 Thessalonians 3:13)*

ACTIVITY…

**Keep a “good deed” jar in your kitchen or classroom.** As you notice children doing small things for others, drop a bead in the jar. As the jar fills, this becomes a visible encouragement to growth in virtue for the whole group, rather than for just for one individual. It provides a symbol for how the Body of Christ works to build up His Kingdom in the most ordinary sacrifices of our lives.

An excerpt from Living the Liturgical Year blog <http://liturgicalyear.wordpress.com/2010/03/20/catch-yourself-and-others-%E2%80%9Cdoing-good%E2%80%9D-%E2%80%93-a-fresh-look-at-the-corporal-works-of-mercy/>