



RCIM Hearts of Service Log Fall 2021

As part of our program for middle school teens, we want to encourage and build hearts of service founded in strong faith. The Letter of James tells us that faith without works is dead (James 2:17) and it is also true that works without faith is empty. By encouraging teens to spend time in personal and family prayer, time with our parish community, along with time of service, we hope to promote holistic and well-rounded hearts of service.

This sheet is for keeping track of the completion of hours. Each event/activity needs to be initialed by a parent/guardian or volunteer supervisor. Guidelines for what does or does not count towards hours are below. Spiritual hours can be logged beginning September 2021. Church, Community, & Service hours can be logged beginning Summer 2021. **Fall logs are due by January 16th, 2022.**

Note: This is a 4-page document. All pages and parts should be submitted together.

Name: _____

Small Group Leaders: _____

Parent/Guardian Name(s): _____

Requirements for Fall 2021:

Complete a minimum of *four (4) Spiritual hours, four (4) Church, Community, & Service hours*, and the *Personal Reflection*.

What are Spiritual Hours?

Spiritual hours are time spent in personal or family prayer. This can include personal prayer time in the morning or evening, Eucharistic Adoration, attending prayer services, reading the Bible, attending daily Mass, family prayer time, listening to Catholic podcasts, and attending non-required retreats.

Events/Activities that would fall under normal or “required” prayer time—like attending/streaming Mass on Sundays and Holy Days of Obligation, attending/streaming wedding/funeral Masses, attending the Ignite Retreat, or attending Edge sessions/Religion class—do not count towards spiritual hours.

What are Church, Community & Service Hours?

Church, Community, & Service hours are events/activities where you are interacting with the parish community of St. Matthew (socially or in service), doing what is widely regarded as service to the wider community through St. Matthew or other organizations, or service done within the family.

This can include volunteering at events that serve the St. Matthew community, attending Xtreme Edge and other Middle School social events, participating in parish social or service events (either at St. Matthew or with other organizations), serving the family (offering to babysit, mow the lawn, etc. that are not normal chores nor in exchange for money/other reward).

Spiritual Hours:

Recurring events (ex. nightly prayer) can be summed on to one line.
If more space is needed, feel free to attach extra pages.

Event/Activity	Date	Parent/Guardian Initial	# of Hours
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Total Hours: _____

Church, Community & Service Hours:

If more space is needed, feel free to attach extra pages.

Event/Activity	Date	Coordinator Initial	# of Hours
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Total Hours: _____

