

Complete 1,000,000 Acts of Mercy as a Diocese now through December in celebration of the 2025 Jubilee Year.

# MERCY FINDING HOPE THROUGH MERCY



In this Jubilee Year of Hope 2025, we are finding hope through mercy. As a diocese we are performing 1,000,000 Works of Mercy. When you help your grandparent put on their socks, that's a Corporal Work of Mercy. When you respond with kindness rather than anger, and say a prayer for the person, that's a Spiritual Work of Mercy. Each week we will list ideas on how to undertake one or more of the works of mercy. Perform them as an individual, couple, family, or group. And remember to record them on the diocesan website [www.Mercy2025.org](http://www.Mercy2025.org) to make them count towards the challenge.

## IDEAS TO FEED THE HUNGRY

- Share a meal and conversation with someone who lives alone – give the ministry of presence.
- When cooking or baking, make a plate for someone in your neighborhood who lives alone or is sick.
- Put your phone away when eating with others.
- Avoid wasting food when shopping, preparing meals, and eating.
- Before meals: thank God and the cook for the food, and pray for those lacking food.
- Participate in a food drive.
- Schedule at least one family dinner per week. Prepare the meal with joy and enjoy this time together with gratitude.
- Schedule at least five minutes to read the Scripture or to visit the Eucharist outside Mass time.
- Practice spiritual Holy Communion at least once a day (praying with Jesus in the Eucharist when one can't physically receive the Eucharist)
- Explore opportunities to volunteer at a food bank or soup kitchen.
- Offer to grab something at the grocery store for an elderly or sick neighbor or friend.

## EXPLORE OPPORTUNITIES TO VOLUNTEER

- Feeding Tampa Bay – Trinity Café: [www.feedingtampabay.org](http://www.feedingtampabay.org)
- Meals on Wheels: [www.mealsonwheelsamerica.org](http://www.mealsonwheelsamerica.org)
- Faith Café: [www.faithcafetampa.org](http://www.faithcafetampa.org)
- The Volunteer Way: [www.thevolunteerway.org](http://www.thevolunteerway.org)
- Nativity Outreach Food Bank: [www.nativitycatholicchurch.org/foodbank](http://www.nativitycatholicchurch.org/foodbank)

