



BE GOLDEN ACTIONS

Catholic Charities has compiled the following list of actions and service opportunities that may augment or complement efforts already in place at your parish.

AT HOME

- Examine your own assumptions about African Americans, Hispanics, Jews, Asians, or whites. Racism is an ugly part of the human experience. Instead of judging people based on their race and color, develop empathy for a new group of people by learning something about their history and culture. See people as “us”, rather than “them”.
- Teach your children love. Talk about how calling others names, being mean to another, or picking on someone who seems different are not acceptable ways of treating other human beings. Ask them how they would feel if treated in such unacceptable ways.
- Learn a little conversational Spanish to make our Latino sisters and brothers feel more welcomed in our parishes and community. You don’t have to master the language as those who are struggling to learn English will appreciate your effort.
- Call someone you know who has recently lost a loved one and just let them know that you are thinking about them. It goes a long way!
- Don’t shop on Sunday this Lent. By doing so, we reduce demand on Sunday, so more workers will be able to use that day as one of rest.

AT WORK

- Treat all workers as professionals, not just the highly-paid or well-educated ones. Let service workers know how much you appreciate what they do.
- If you are an employer, hire a returning citizen from incarceration, a full-time parent returning to the workforce, a former welfare recipient, or a refugee who brings skills and experience from the country they were forced to flee from.
- Advocate for a living wage, especially for the numbers of working poor who often work several jobs to try and meet their needs and those of their families.
- Offer forgiveness and try to make things right with someone in your workplace with whom you have had a falling out.

IN THE COMMUNITY

- Smile at people who are a different race or ethnicity than you, and look them in the eye. When immigrants talk about the prejudice they experience, the negative looks people give them are what they say hurt most.
- Write the mayor's office supporting the availability of low-income housing and expanding services for the homeless.
- Write a letter to your legislators in support of protecting the rights and assuring fair treatment of immigrants. Join the Catholic Church's Justice for Immigrants campaign. <https://justiceforimmigrants.org>
- Welcome refugees at the airport and help set up their homes by assisting Catholic Charities in their Refugee Sponsorship program. We also need ESL tutors and Family Mentors. Contact Katie Norton: knorton@archlou.org
- Attend an interfaith event or local festival that highlights particular cultures. Check out such events by going to the Interfaith Paths to Peace website. <https://paths2peace.org>

WITH ORGANIZATIONS

- Offer to help on a Habitat for Humanity build. Many parishes are involved in this effort and can always use additional help. Training is provided as well.
- Donate blood at an American Red Cross Center or parish that is hosting a blood drive.
- Volunteer at a hospital or long-term care facility. Contact Catholic Charities to become a Friendly Visitor or certified volunteer ombudsman. www.cclou.org
- Volunteer with your parish or other organizations to provide rides to seniors to get to Mass or to medical appointments.
- Consider becoming a Prison or Jail Ministry volunteer or mentor to those newly released. Check out our Archdiocesan Incarceration Ministries webpage for more information on this. <https://www.archlou.org/incarceration-ministry/>
- Volunteer at local organizations that are providing direct support services to immigrant families. Several partners of Catholic Charities include La Casita Center www.lacasitacenter.org , Doors to Hope www.doorstohope.com , and Centro Latino in Shelbyville <https://centro-latino.org>
- Participate in Operation Rice Bowl this Lent. Use the prayers and suggested activities on the rice bowl given out by your parish with your family. Go the CRS website to learn more and get free materials. <https://www.crsricebowl.org>
- Volunteer to help serve a meal at the Cathedral lunch program or St. John Center.