



BREAKIN' A SWEAT!

**SERVES:
PARISH**

**TIME:
ANYTIME**

PRESENTING THE NEED TO MY TEAM

- Have you ever seen a picture of someone after a tug of war over a mud pond? What about a picture of a college football player right after a tough game? Most of the time they are covered in dirt, grime and sweat, right? Sometimes even spots of blood?
- At the same time when you look at your parish, what do you see? Perhaps an old garden with dead spider plants, a statue with mold, and a fence with peeling paint?
- You as Conquest members are meant to be with the Church, and help her out when something is needed.
- There is always a great opportunity to get dirty, sweat and build up your local parish by cleaning up, and making the parish community a welcoming place for all!
- Are there any construction projects that need done? A tool shed to help get tools out of a closet in the parish? A wheelchair ramp? Does the parking lot stripes need to be repainted? What about a new grotto or garden? Benches for an existing garden? Perhaps asking your parish priest or deacon would help give you insight as to the true needs.

BREAK A SWEAT TO BUILD UP YOUR LOCAL PARISH!

OUR CALL TO SERVE

Let's Clean and fix up our parish and help maintain Christ's church!

PROJECT OVERVIEW

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WEEK	STEPS	QUESTION OF THE WEEK
1	<p>Look Around: Look around your local parish for what is in need of repair or fixing up. You could also think of ideas of how to improve the landscaping and gardening.</p> <p>Decide: Decide on what project you think your team can undertake. Make sure your plan is specific such as plant 3 cross shaped flower beds on the north lawn.</p>	
2	<p>Pastor: You need to speak with your local parish pastor this week. Present your plan, but keep an open mind. He may present more urgent needs for a project to you. Be flexible, but never over promise and under deliver.</p>	
3	<p>Fundraise: Does the parish have funds for this repair or new project? If not, seek the pastors permission to fundraise after weekend Masses for the specific project. You could also ask the local Knights of Columbus or other groups for help with funding the plan.</p>	
4	<p>Fundraise: Schedule the young men to collect donations after weekend Masses. Work with the parish office to have formal announcements made at the end of each Mass about the project.</p> <p>Layout: Begin planning the repairs / or new project layout. Obtain help from any dads that are good with this type of work.</p>	

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WEEK	STEPS	QUESTION OF THE WEEK
5	Materials / Supplies / Tools: Make a list of all of the materials that will be needed (plants, mulch, top soil, nails, paint, wood, etc.) and, any supplies (gloves, water bottles, food, etc.) and specific tools (saws, rakes, hoes, power drills, etc.). Split up the list and ask each person on the team to take some responsibility in obtaining them for week 8.	
6	Fundraising: Continue to fundraise by asking family and friends or other ministries/organizations in the parish to support the project.	
7	Gather materials: This week the materials needed should all be gathered and ensure that there is nothing missing. You do not want to be running to the store the day of the project. Final Prep: Ensure there is a specific plan of who will do what on the day of the project. If there are several projects, one person should be the point person in charge of each.	
8	Break a Sweat!: make sure to allocate plenty of time to ensure the project is completed fully. Also, make an ongoing plan for maintenance over the next few months for up-keep (such as watering plants, cleaning, etc..)	

PROJECT OVERVIEW

TACTICS BY AREAS

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LOCATION

- This should take place at your local parish, ideally at the parish where you meet, or where several of the members attend regularly. It could include the actual Church building (Inside or outside) and surrounding property or buildings such as the rectory, garage, etc.

PROVISIONS

Materials – depending on the type of repair or project you are doing, here are a few suggestions:

- Plants and seeds: This is obvious if you are planting a garden or sprucing it up. Make sure to inquire to a knowledgeable dad which type of plant is best suited for your local area before making a purchase. Make sure to purchase appropriate accessories such as fertilizer, peat moss, top soil, trellises, etc.
- Lumber: Wood boards, trim, molding, nails, screws, primer and paint, etc.
- Tools: Shovels, rakes, hoes, power blowers, large garbage bags, cordless drills, paint brushes, buckets, wheelbarrows, etc.
- Clothing: Gloves, safety glasses, old clothes that can get dirty.
- Food / Drinks: Make sure there is plenty of drinks, as most will be sweating. Plan sack lunches ahead of time, or ask some moms to help prepare lunch to be delivered.

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TACTICS BY AREAS



RESPONSIBILITIES

- Fundraising: Everyone on the team needs to help raise the funds to pay for the project. They can ask the parish, the garden center, and / or parishioners and other groups.
- Purchasing materials: One person needs to seek the help of a knowledgeable dad to go to the store to purchase lumber, materials, plants, and accessories.
- Planting: this should be done on a Saturday or all afternoon when the whole team can be present to help. Generally, plants have pretty good directions but if you are not sure, ask.
- Maintenance: be very diligent in ensuring the plants are taken care of and grow well over the summer. People appreciate this much more than they will ever tell you.

CONTACTS

- Pastor: present him your ideas but be very open to whatever he suggests. Remember, the purpose of this project is to serve him. Ask him about a budget, if your team needs to fundraise the funds or if the parish will help.
- Home Improvement Center Manager: First, try to get plants and materials at a discount or donated.. Do this even if the parish already agreed to pay for them. Second, get his help with selecting plants that are both beautiful and durable.
- Parents: Dads can be very handy and can assist with the project planning and on the actual day of the project. Moms can help with food, snacks and drinks.
- Parishioners: Ask them for funds if needed. You could let them be surprised by the project after it is completed.

PROJECT OVERVIEW

DEBRIEFING

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SPECIAL OPS

- Work together with the pastor. You may even want to ask him for two or three projects that could be all completed in the one day.
- Involve everyone in the gardening, and really get dirty. Being dirty together is usually a real bonding moment for young men.
- Be really professional in how you garden, the finished result needs to look good, not like you just threw some plants on the ground. Ask for adult help but keep them on the level of showing you how and helping out so the team is not just mobile tool sheds for dads.
- One way to make it look professional is by putting plants in geometric patterns rather than randomly; another tip is to clearly delineate flowerbed from lawn.
- Finish this campaign a week or two before the end of the year so you can use the last week or two for real fun and bonding so the team will be excited about Conquest over the summer. The periodic maintenance keeps them together over the summer and keeps their zeal simmering.

CONTINGENCY PLAN



- You can also do this for a poor parish as a way to help out the diocese.
- Don't restrict yourself to the garden if it is good: clean up and improve the hall, refinish the pews, mow the grass, clean widows, repaint classrooms, repair tables and desks, etc.
- If your whole parish is in good repair you can always add something: outdoor stations, a grotto to Mary or the Sacred Heart, a walking path of the rosary, a memorial to the unborn lost in abortion, a mural on the wall in the parish hall, new cabinets in the kitchen or CCD classrooms, etc.
- You can help out somewhere other than a parish such as a school, home for unwed mothers or elderly, pregnancy care center, or charity food pantry.

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PROJECT NOTES:

This image shows a full page of white paper with horizontal blue ruling lines. A large, light gray watermark of the United States flag is visible in the background, featuring stars in the upper left and stripes across the rest of the page. The paper appears to be from a notebook or a standard sheet of stationery.