



NO PAIN, NO GAIN!

**SERVES:
SICK & ELDERLY**

**TIME:
ANYTIME**

PRESENTING THE NEED TO MY TEAM

- Who takes care of you when you are sick?
- When you are sick, is it the medicine or the loving care of your mother that makes you feel better?



- Did you know that there are children who are sick that need lots of attention and loving care?
- How would you feel living in a hospital and feeling sick all the time or even suffering?
- Do they really understand that suffering united to Christ is good? No pain, no gain!
- We as Conquest members are called to bring joy and love to others.

WHAT CAN WE DO TO HELP BRING JOY AND LOVE TO OTHERS?

OUR CALL TO SERVE

Let's spend some time with those kids who are sick and suffering and bring them gifts with the joy and love of Christ!

PROJECT OVERVIEW

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| WEEK | STEPS | QUESTION OF THE WEEK |
|------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|
| 1 | <p>Plan Ahead: Before you present this project to the boys, you need to be sure that you can schedule a visit to a children's hospital. Do some research and make some calls. Ideally, try to plan two visits – one during week 5 and the other for week 8, but plan in flexibility.</p> <p>Brainstorm Ideas: Every member needs to help prepare the skit or present ideas/games/gifts that they can do and bring to the visit.</p> | |
| 2 | <p>Prepare: The boys should prepare skits or explanations on suffering. Ideas would be acting out the passion, acting out something from the lives of the saints, acting out a story the boys wrote about suffering, or even telling a moving story about someone close to you. They should also begin preparing games to play with the kids they visit.</p> | |
| 3 | <p>Create: If the children's hospital would like some posters or invitations to the families for their presentation, the boys need to make these and then drop them off.</p> | |
| 4 | <p>Guest Speaker: Ideally, the director of the facility (or a staff member) would come and give the boys a talk about the hospital and the patients there.</p> <p>Continue Preparing: Finish up the skits and games for a visit the next week.</p> | |

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| 5 | <p>Perform: The boys go to the children's hospital to perform their skits and stories and play games with the patients.</p> <p>Meet: After the performance they should have some time to meet with the kids at the facility to help them in their suffering and see their needs.</p> <p>You'll Be Back: Let the patients know you will come back .</p> <p>Identify: Start a prayer group option: You should determine a few kids or families who may be interested in leading a prayer group among the patients.</p> | |
| 6 | <p>Make Prayer Packets: The boys should make up some packets of prayers, include rosaries, booklets on how to pray the rosary, prayer cards, etc.</p> | |
| 7 | <p>Prepare: The boys can prepare another skit or new games to play with the kids for the next week's visit.</p> | |
| 8 | <p>Visit: Pass out the prayer packets, and talk to anyone interested in starting a prayer group and encourage them to get people together each day to pray. Perform another skit and play games to bring the joy and love of Christ to those kids there suffering.</p> | |

PROJECT OVERVIEW

TACTICS BY AREAS

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LOCATION

- Before presenting this apostolic project, you need to have already received permission and planned well to visit a children's hospital where the boys can see many patients suffering.
- Make sure the place is safe for kids, boys should not go into rooms alone with patients. Remain in a public areas.

PROVISIONS

- Skits may require some simple props, but you can ask people to use their imagination if it goes beyond things you have or can acquire without effort.
- The introductory packets for the prayer group should include things that would help with prayer such as a rosary, a holy card, a bookmark, and booklets on suffering or how to pray the rosary.
- Games: The boys can bring games along such as chess, checkers, cards or other board games that they can play with the kids and families.
- Gifts: The boys can gather donations for gifts such as stuffed animals or toys. They could plan to fundraise at the parish after weekend Masses for this project with the Pastor's permission.
- Transportation – adult leaders should help with the logistics for transportation to the hospital. Another option would be for the boys to simply all meet there on the appointed evening / day.

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TACTICS BY AREAS



RESPONSIBILITIES

- The adult leader should be the one to make contact with the facility and obtain permission and set the dates well in advance.
- One boy should MC for the skits and stories. He needs to ensure that everyone is ready in the right order. They need to give creative introductions and not just say the titles of the upcoming skit.
- The adult leaders needs to arrange transportation for everyone during weeks 5 and 8 or send emails to parents about all meeting at the hospital.
- All the team members should be involved in preparing the skits and stories and partake in this display. You can divide them by squads or have ideas put forth. Then let the group coalesce around each idea.
- Boys should each be responsible for their own behavior so they are a real help to the suffering people and don't just spend their time hanging out with them.

CONTACTS

- Children's hospital director: You need to be very clear that you want to bring a group of Catholic youth to help out. They need to see your genuine concern and it is much easier if you can make some relation between one of the boys on the team and someone there if possible.
- Catholic Patients and families: You need to speak to them about how they can unite their sufferings with Christ. They need to see how Mary is close and protecting them if they pray the rosary. They also need to know about the ability to offer up prayers and sufferings.
- Non-Catholic patients and families: You should show them the same thing as the Catholics, except you need to bring them further along because they do not have the benefit of Mary, of Jesus on the Cross, or of the Eucharist.

PROJECT OVERVIEW

DEBRIEFING

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SPECIAL OPS

- Ensure that you have permission from the hospital to see many different patients there. Sometime in the U.S. they will not let you in or only let you meet with a few. This can really dampen the apostolic zeal of the boys.
- The boys should be offering a little suffering up for those they are helping in this apostolic project. Ideas include taking larger servings of foods they don't like (broccoli or spinach), secretly doing somebody else's chores at home (taking out the trash, etc.).
- The boys need to prepare the skits well. It is better if they all prepare one skit that lasts 6 minutes than if they have 5 mediocre skits lasting 45 minutes.

CONTINGENCY PLAN



- If you cannot visit a children's hospital, call a local regular hospital and see about visiting any youth and families there. Offering to hold games or skits in a public place in the hospital may also work, rather than visiting individual patients.
- Regular follow-up visits after this project to meet with the patients may be helpful. This could be an ongoing project for the boys where they visit several times a year – especially Easter, Christmas, etc.
- This project is ideal when timed right with Lent. In this case, the skits and stories can be better focused on the suffering of Christ for our redemption.

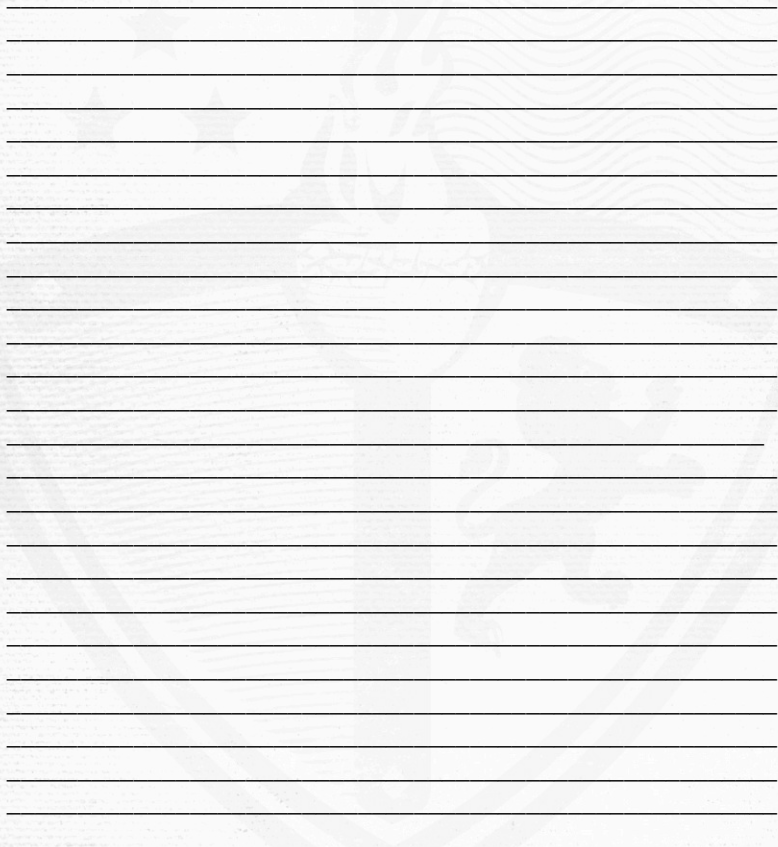
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PROJECT NOTES:



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