

# Inspire: Entrepreneurs for Social Justice - Being the Hands and Heart of Christ -

Presenter: Deacon Allen Tatara - [www.deaconallen.com](http://www.deaconallen.com)

National Catholic Collegiate Conference Workshop  
November 23, 2013

## Additional Ideas and Resources for Charity and Social Justice Involvement

### Feed the Hungry

- Make sandwiches and pass them out to the homeless.
- Keep granola bars in your car to pass out to people in need at stoplights.
- Pick up leftovers at a local grocery store, bakery, or restaurant and deliver them to a food bank or homeless shelter.
- Take a friend out to lunch, your treat.
- Keep a list of local food banks and soup kitchens on hand to pass out to those you encounter around your town who could use such services.
- Volunteer at a food bank, food depository or food pantry.
- Organize a Catholic Relief Services Food Fast and donate proceeds to your local food pantry.
- Serve at a soup kitchen.
- Prepare and take a meal to someone in your community who is seriously ill or welcoming home a newborn.
- Help out at a Knights of Columbus pancake breakfast.
- Give to or host a food drive.

### Resources:

- Mercy Corps: [www.mercycorps.org](http://www.mercycorps.org)
- Food for the Poor: [www.foodforthe poor.org](http://www.foodforthe poor.org)
- Feed the Children: [www.feedthechildren.org](http://www.feedthechildren.org)
- Feed My Starving Children: [www.fmssc.org](http://www.fmssc.org)
- Meals-on-Wheels: [www.mowaa.org](http://www.mowaa.org)
- Second Harvest: [www.2harvest.org](http://www.2harvest.org)
- Bread for the World: [www.bread.org](http://www.bread.org)
- RESULTS: [www.results.org](http://www.results.org)
- Food Research and Action Center: [www.frac.org](http://www.frac.org)
- NETWORK: [www.networklobby.org](http://www.networklobby.org)
- Amnesty International: [www.amnesty.org](http://www.amnesty.org)
- The Hunger Project: [www.thp.org](http://www.thp.org)
- Oxfam International: [www.oxfam.org](http://www.oxfam.org)

## **Give Drink to the Thirsty**

- Pass out water bottles to the homeless.
- Pay for the coffee of the person behind you at a coffee shop.
- Take a cold glass of water to a neighbor doing yard work.
- Donate baby formula to a local pregnancy help center.
- Work a drink station at a local charity race.
- Tutor children to help those who thirst for knowledge, but struggle with learning.
- Provide cultural opportunities for disadvantaged youth, teaching about their ethnic heritage.

### Resources:

- Global Water: [www.globalwater.org](http://www.globalwater.org)
- The Water Project (H2O Africa): [www.thewaterproject.org](http://www.thewaterproject.org)
- Drop in the Bucket: [www.dropinthebucket.org](http://www.dropinthebucket.org)
- Agricultural Missions: [www.agriculturalmissions.org](http://www.agriculturalmissions.org)
- The World's Water: [www.worldwater.org](http://www.worldwater.org)
- World Water Council: [www.worldwatercouncil.org](http://www.worldwatercouncil.org)

## **Clothe the Naked**

- Go through your closet and give away what you don't need.
- Host a clothing drive and donate the items.
- Knit, crochet, or sew baby blankets for your local pregnancy help center.
- Knit, crochet, or sew scarves, hats, and gloves for your local homeless shelter.
- Score some sweet deals at garage sales and send the items to a foreign mission site.

### Resources:

- The Salvation Army: [www.salvationarmyusa.org](http://www.salvationarmyusa.org)
- The Society of St. Vincent de Paul: [www.svdpusa.org](http://www.svdpusa.org)
- Catholic Relief Services: [www.crs.org](http://www.crs.org)
- Clean Clothes Campaign: [www.cleanclothes.org](http://www.cleanclothes.org)
- Sweatshop Watch: [www.sweatshopwatch.org](http://www.sweatshopwatch.org)
- UNITE: [www.unitehere.org](http://www.unitehere.org)

## **Shelter the Homeless**

- Attend a FOCUS mission and help build homes.
- Volunteer for Appalachian Service Project, Habitat for Humanity, etc.
- Volunteer to do manual labor to help in the upkeep of a homeless shelter.
- Chaperone a youth group mission trip with Catholic Heart Work Camp, Young Neighbors in Action, Nazareth Farm, Bethlehem Farm, and help maintain existing homes and keep those in need in their homes.
- Keep a list of local homeless shelters on hand to pass out to those you meet on the street.
- Become a mentor to a foster child.
- Send a care package with special treats to an orphanage.
- Help a family working towards adoption by hosting a fundraiser for them.
- Sponsor a child through the Christian Foundation for Children and Aging (CFCA).
- Donate to or volunteer with programs such as Christ in the Cities to further their efforts in working with the homeless.

- Work at your local homeless shelter (e.g. PADS - Public Action to Define Shelter).
- Work at local hospitality houses.

#### Resources:

- Union Gospel Mission: [www.ugm.org](http://www.ugm.org)
- Covenant House: [www.covenanthouse.org](http://www.covenanthouse.org)
- Shelterforwomen.org: [www.shelterforwomen.org](http://www.shelterforwomen.org)
- Catholic Charities: [www.catholiccharitiesusa.org](http://www.catholiccharitiesusa.org)
- Christ in the Cities Missionaries: [www.christinthecitiesmissionaries.com](http://www.christinthecitiesmissionaries.com)
- The Salvation Army: [www.salvationarmyusa.org](http://www.salvationarmyusa.org)
- Christian Foundation for Children and Aging (CFCA): [www.cfcausa.org](http://www.cfcausa.org)
- FOCUS Missions: [www.focus.org](http://www.focus.org) / [www.focusmissions.org](http://www.focusmissions.org)

### **Visit the Sick**

- Volunteer at a hospital.
- Volunteer to call Bingo at a nursing home.
- Send flowers or a card to someone you know who is in the hospital.
- Take the Eucharist to the homebound in your community.
- Visit a seriously or terminally ill member of your parish.
- Sponsor an elderly person through the Catholic Foundation for Children and Aging (CFCA).
- Transport elderly to doctor, drugstore, etc.
- Visit the elderly and shut-ins.
- Go grocery shopping for an elderly or shut-in neighbor.

#### Resources:

- Hospice Volunteer Association: [www.hospicevolunteerassociation.org](http://www.hospicevolunteerassociation.org)
- Ronald McDonald Houses: [www.rmhc.org](http://www.rmhc.org)
- Little Brothers Friends of the Elderly: [www.littlebrothers.org](http://www.littlebrothers.org)
- National Alliance on Mental Illness (NAMI): [www.nami.org](http://www.nami.org)
- National Association of County and City Health Officials (NACCHO) [www.naccho.org](http://www.naccho.org)

### **Ransom the Captive / Visit the Imprisoned**

- Lead a bible study at a local prison.
- Help with a communion service or Mass at a prison.
- Donate bibles and/or spiritual reading materials to a prison.
- Mentor a teen at a juvenile correction center.
- Get involved in prison ministry and nurture disciples behind prison walls.
- Get involved in prison reform movements to improve the conditions inside prisons.
- Work on human rights issues for the fair treatment of prisoners.
- Work to eliminate human trafficking and improve immigration rights issues.
- Sponsor an immigrant/refugee family.

#### Resources:

- Anti-Slavery International: [www.antislavery.org](http://www.antislavery.org)
- Not for Sale Campaign: [www.notforsalecampaign.org](http://www.notforsalecampaign.org)
- International Justice Mission: [www.ijm.org](http://www.ijm.org)
- Catholics Against Capital Punishment: [www.catholicsmobilizing.org](http://www.catholicsmobilizing.org)

## **Bury the Dead**

- Attend wakes and/or funerals of those you knew.
- Volunteer with a hospice program.
- Supply a dish for a funeral luncheon.
- Help a widow or widower in need with yard work or errands.
- Visit the cemetery and pray for the dead.
- Donate to ministries that offer free Catholic burials to those who are unable to afford one.
- Pray at an abortion clinic for the lives lost to abortion.
- Attend services for an inmate who was executed.
- Work to address the underlying health/social justice issues which contribute to untimely deaths.

### Resources:

- World Vision: [www.worldvision.org](http://www.worldvision.org)
- The Patient's Rights Council: [www.internationaltaskforce.org](http://www.internationaltaskforce.org)
- Catholic Funeral Plan: [www.cfppgh.com](http://www.cfppgh.com)
- Catholic Healthcare / Hospice: [www.catholichealthservices.org](http://www.catholichealthservices.org)

## **Other Works of Charity:**

- Assist women who face a crisis pregnancy.
- Participate in a community beautification program.
- Raise money for an overseas development project.

### Resources:

- Catholic Volunteer Network: [www.catholicvolunteernetwork.org](http://www.catholicvolunteernetwork.org)
- Catholic Worker Movement: [www.catholicworker.org](http://www.catholicworker.org)
- Dominican Volunteers: [www.dvusa.org](http://www.dvusa.org)
- Red Cross: [www.redcross.org](http://www.redcross.org)
- Habitat for Humanity: [www.habitat.org](http://www.habitat.org)
- Engineers Without Borders: [www.ewb-usa.org](http://www.ewb-usa.org)
- Special Olympics: [www.specialolympics.org](http://www.specialolympics.org)

## **Other Works of Justice**

- Participate in a living wage campaign.
- Expand access to affordable housing.
- Work to improve the education system.
- Extend legal protection to unborn children.
- Support environmental protection laws.
- Promote peace.
- Advocate for international assistance

### Resources:

- National Catholic Rural Life Conference (NCRLC): [www.ncrlc.com](http://www.ncrlc.com)
- Pax Christi: [www.paxchristi.net](http://www.paxchristi.net)
- Catholic Relief Services: [www.crs.org](http://www.crs.org)
- The Catholic Campaign for Human Development (CCHD): [www.usccb.org](http://www.usccb.org)