

Breanna Bauer - Sacred Heart of Jesus School - Mount Notre Dame

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"The deeds you do may be the only sermon some persons will hear today." Saint Francis of Assisi once said. Throughout my life as a Catholic, I have been influenced to help all those around me who are in need physically and emotionally. Helping others has made me a better person than I was yesterday. No matter how big or small of a deed, I have positively affected my family, classmates, and all those around me through different activities and organizations.

Youth Group is one organization I devote a lot of my time to. We gather food, clothing, and personal care items to donate to those in need. During the holidays, especially Christmas, we buy and wrap gifts for needy children, who are then given the gifts at dinner hosted by Youth Group. In past years, we have made peanut butter and jelly sandwiches for the homeless so they can eat something before they leave the shelter they stay at.

Helping Hands, a volunteer organization, is another group that I participate in at my school. Like Youth Group, we donate food, clothing, and personal care items to those in need. Also, we help rake leaves and do yard work for those who are elderly or disabled. As a Helping Hands volunteer, I also donate my time to be a "Buddy" at Joe Nuxhall Miracle Fields for disabled children, helping them play sports, like baseball.

A third activity I have devoted time to is serving my parish by being an alter server and a communion distributor for Sacred Heart Church. Being an alter server helps Father during masses to make sure everything is where it needs to be during the mass. Not only do I serve at masses, but also at weddings and funerals. When serving at a wedding, I have to make sure that the priest gets the rings and has the book to do readings for the ceremony. After the wedding is over I make sure to always congratulate the bride and groom. At funerals, I make sure Father has his the book for readings and is able to do the incensing. Being a communion distributor also helps father during communion to distribute the body or blood to the parish.

Another organization I have volunteered at many times is the Norwood and Clinton County Health Departments working in immunization clinics, WIC (Women, Infant, and Children) clinics, bike rodeos and helmet fittings, youth running clubs, and other children health and safety activities. Volunteering at the health departments helps keep people and their families well.

Not only have I helped people, but animals as well. Every few weeks, I go to the Animal Adoption Center (AAC) to socialize with kittens and older cats. The center takes in cats and dogs from off the streets and take care of them until they are healthy then

adopted. I play with the cats, feed them and read to them to see if their behavior changes.

Walking into school saying "good morning" to other students and teachers and having short conversations throughout the day can make every day better for everyone. When I am at home with my family, I can also make their day by asking them how their day was at work or school. Jesus tells us that we are to help the poor. Poor just doesn't mean poor in money but also poor in spirit. Doing acts like being generous and nice to classmates can make their day.