Spending forty days with the four pillars of faith-based service: spirituality, social justice, simple living, and community

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An Introduction

Dear Friends,

Doesn't it seem like Advent and Christmas just ended? And yet, here we are – on the brink of another Lent. Another 40 days of prayer, fasting, and almsgiving. Another chance to dig deeper into what these three aspects of our faith mean and how we can live them out in light of our experience of long-term service. There is a correlation between the actions of prayer, fasting, and almsgiving and the pillars of faith-based service of spirituality, community, simple living, and social justice. All of these call us to give more of ourselves than we realized we could. They call us to be uncomfortable and uneasy, but yet remain open to the possibilities this discomfort brings.

The beauty of our faith is that we can find inspiration anywhere for a deeper relationship with Christ. This encounter can occur in the acts of praying, fasting, and giving of alms. We can develop our relationship with Christ through our personal and communal prayer lives. We can learn more about the sacrifice of Christ through our fasting. We can give what we have – our time, talents, and treasure – to those who are lacking.

We are called to make a commitment to take these next forty days as a time to dig deeper into our faith and our relationship with Christ and others. This is a time for introversion, self-awareness, and growth within ourselves, much like Christ did in the desert.

For those currently in a service program, you have the freedom to take this time to grow deeper in your relationship with Christ. Even though it might seem like you are overwhelmed with your job, community life, personal relationships, and figuring out what is next, you will most likely never have a time where your life is solely dedicated on your own personal and spiritual development. Take advantage of this time to "wander in the desert" in a way. These forty days help us to grow inward so we can go outward when we experience the beauty of the resurrection on Easter Sunday.

As baptized, we are called to go forth and go outward to live as missionary disciples. Pope Francis tells us this in his Apostolic Exhortation, The Joy of the Gospel (Evangelii Gaudium), "Throughut the world, let us be 'permanently in a state of mission." (EG 25). Once we have encountered Christ in our own way, we are called to move out from ourselves and accompany others in experiencing their own encounter with Christ. But we are not called to do this alone; we need to go through these times in a community – whether with our parish community, family community, or our service community. Then, like the apostles from the upper room at Pentecost, we are sent out to share our encounter with Christ and to meet people where they are to experience their own encounter with Christ.

These next forty days are an opportunity. A time for us to challenge ourselves to pray, fast, and give alms. It is also a time to strengthen our relationships with those around us and with Christ. Use this reflection guide as a starting off point for your Lenten journey. Take to heart the words written (and spoken) by the authors. Let them help you to dig deeper this Lent and enjoy the beauty of the resurrection at Easter.

Sincerely,

Monica Thom Konschnik

Catholic Apostolate Center, Assistant Director of Administration Catholic Volunteer Network, Board of Directors



Thinking about recompense and repayment for doing righteous deeds and for praying in secret is an odd experience when you're doing a year of service through a faith-based organization. Am I supposed to keep secret the work that I'm doing during this year? Should I quietly go about it and not share my experience with others? Is it wrong for me to want to tell my stories from my placement? Do I expect recompense from God for this year of service?

To answer those questions, a colleague suggested turning to *Brazos Theological Commentary on the Bible: Matthew* by Stanley Hauerwas. Hauerwas cites Bonhoeffer when questioning how to be the light of the world (Matt. 5:16) while also doing righteous deeds in secret. He writes, "According to Bonhoeffer, the hiddenness that should characterize the disciples' action applies to the disciple" (p. 74). Hauerwas expands on this idea by saying that we must be apprentices of Jesus and learn to forget ourselves in our actions and act selflessly as Jesus did instead of doing such things for praise and recognition.

There's a subtle beauty of the Lenten season of fasting and praying beginning with Ash Wednesday falling on St. Valentine's Day. Instead of worrying about all of those questions, perhaps my prayers and meditations should be on how I can follow in Christ's way by selflessly loving others just for the sake of loving them and expecting nothing in return from them or from God.

## Focus on: Spirituality

As I've journeyed in my spirituality this year, I've questioned why I believe what I do. In conversations with those who have different beliefs, I've learned that there's truth in everyone's spirituality and that none is inherently better than others. As I've struggled with this reading and with how I express my spirituality, I've learned that it's okay to question what I believe and that growth and strength of conviction come from those conversations and that struggling. This passage confirms that for me as I continue to live out and journey in my spirituality during this faith-based year of service.

espice Suggestion

During this Lenten season, I challenge myself and others to engage even more deeply with your communities. There is so much to learn about our communities and the work that is being done there. Throughout Lent, I challenge myself to listen more intently to the needs of my organization and my city and to ask of others what I can contribute instead of giving alms without research.

# About the Author: Katrina Buchanan, currently serving with Lutheran Volunteer Corps

Hailing from Erie, PA, Katrina Buchanan is serving as the Evangelical Lutheran Church in America's Justice for Women program assistant in Chicago through the Lutheran Volunteer Corps. She is a graduate of Robert Morris University in Pittsburgh, PA with a degree in English, a minor in public relations, and a secret minor in theater. A former hockey player and a lifelong hockey fan, she can be heard coaching the Erie Otters from the stands when visiting home or through enthusiastic tweets while she serves in the Windy City.



### Matthew 6:1-6, 16-18

"Take care not to perform righteous deeds in order that people may see them;otherwise, you will have no recompense from your heavenly Father."

~ prayer of St. Francis

Lord, make me an instrument of your peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy.

*O, Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love; For it is in giving that we receive; it is in pardoning that we are pardoned; it is in dying that we are born again to eternal life. Amen.* 

When I read this proclamation from Christ himself I am struck by the sense of urgency in his words. Jesus does not call us to repent and believe tomorrow, a month from now, or whenever we feel ready; "This is the time," he tells us. For me, following Christ's call has often felt so daunting that I have found myself pushing it off for later. Because "belief in the gospel" is no small undertaking. It does not merely encompass accepting Christ's teachings, but rather following his example of radical love and self-sacrifice – even following him into the desert.

The beautiful part of this, which I often forget, is that repenting and following Christ's example of love and selflessness is a perpetual journey. When I followed Christ's call away from my loved ones and my comfortable life to live and work on the margins in Ecuador with Rostro de Cristo, I realized that my initial "yes" was only the beginning of becoming more open to God's presence and plan for me in each day. After coming out of "the desert," and returning home from this intense experience of service, I have not always retained this mindfulness. Sometimes I have fallen into the trap of believing that I can't love and serve as deeply as I did there. This thinking prevents me from being alive to God's call in the here and now. The truth is that we are called away from sin and towards love in big and small ways every day. Whether that call is to follow him into the desert or share a smile with a stranger, today is always the right time to listen closely and to say "yes."

## Focus on: Simplicity

When I think about simplifying my life, the first thing that usually comes to mind is stuff - cutting out superfluous material things from my life, curtailing spending on things I don't need, using less resources such as water, electricity, etc. All of this is essential to simplicity, but we can also eliminate waste in another area: our time. Challenge yourself this Lent to simplify your schedule and cut out activities that prevent you from practicing mindfulness, staying in the moment, and taking quiet time for prayer. We don't necessarily have to abandon society for the desert in order to find peace and quiet, but in order to hear God, we should cut out some of the noise in our lives. Consider reducing time spent mindlessly using technology (scrolling through social media or watching TV), turning off the radio, and trying to really leave your work at work in order to spend more time being fully present to God and to those around us.

ervice Suggestion

Where have you been feeling God's call to service recently? Perhaps you've wanted to start volunteering with a certain nonprofit or you've been meaning to visit someone that could use support right now. Don't put it off any longer. This week, find a way to simplify your schedule, listen to Christ, and make time to follow that call.

#### About the Author: Amy Krach, Rostro de Cristo alum

Amy Krach has a heart for service which led her to spend a year volunteering in Ecuador with Rostro de Cristo after graduating from Indiana University. She now spends her days working for a faith-based health organization in her hometown in Indiana, hanging out with moms (including her own) and dogs, and applying to grad school. She loves meeting new people, traveling, being outdoors, and sharing her faith through service.



Mark 1:12-15

"This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel."



Loving Creator,

*In this noisy world, help me to quiet my heart* 

*To better listen to your call to repentance, faith, and love* 

In every moment.

Although I do not know where your call will lead,

Give me the courage to perpetually trust and to follow,

Even when I may lose my way

*Knowing that in self-gift, service, and sacrifice* 

Your infinite love awaits me.

Amen.

Working with highschoolers is difficult, to say the least. For the first few months of my service year at Cristo Rey Boston High School, I struggled to connect with the students. I was ignored, yelled at, pushed away. I felt defeated and emotionally drained. In some ways, I think I felt a lot like the disciples in today's Gospel. I felt called to serve these students, but at the same time, I was unaware of the distress and trouble I would have to go through. Following Jesus' proclamation of his death and resurrection, Peter, James, and John are perplexed and dismayed, for they expected their mission to be one of comfort, ease, and glory, not one of suffering, agony, and ultimately Christ's death.

In a similar way, I was dismayed by my first few months at Cristo Rey. Yet, I remained open, willing to hear the stories of my students. I reached out to kids in the hallway, coached soccer, and chaperoned extracurricular events. Moments outside of the classroom eased the tension between me and the students. I do not know if I can point to one specific moment, but over time, I witnessed the transfiguration. I began to see the students differently. As I grew in relationship with my students, I saw God in them. The students transfigured before me and I recognized the imago dei within each one.

In the Transfiguration of the Lord, we are challenged to risk suffering out of love. We are reminded to listen to Christ, even if we are afraid. We are all called to be disciples that carry the cross in anticipation of the resurrection.

## Focus on: Social Justice

The Transfiguration calls us to be touched and moved by experiences outside of ourselves. In our own lives, moments of encounter with the other shake us, move us, stun us to see the other as loved and worthy of dignity. However, in this witness, we can often become paralyzed and unaware of how to respond. Nonetheless, the encounter requires action. We must use our moments of encounter to be fully transfigured, to come down from the mountain and be agents of social change.

ervice Fuggestion

During this Lenten season, consider reaching out to someone who is different than you. Perhaps it is a person experiencing homelessness, a person of a different faith tradition, or a person new to your faith community. Challenge yourself to be uncomfortable, disturbed, and moved. Take the time to hear their story in all their joys and sorrows. Often we think of service as a means of providing something for someone; however, accompaniment and listening are just as meaningful forms of service.

#### About the Author: Justin Hoch, Notre Dame Mission Volunteers alum

Originally from Indiana, Justin Hoch graduated from Loyola University Chicago with a degree in Theology. After graduation, Justin worked in campus ministry at St. Joseph's University, and then, spent a year of service at Cristo Rey Boston High School working as a teacher's assistant. He is currently pursuing graduate studies at Boston College School of Theology and Ministry.



### Mark 9:2-10

"This is my beloved Son. Listen to him."



Loving, all-embracing God, we thank you for the gift this Lenten season to ponder on the mystery of Christ's life, death, and resurrection. Help us to listen and become aware of your call to be transfigured into disciples of love, compassion, and empathy. Offer us the grace to trust in you in times of suffering, the courage to risk suffering out of love, and the patience to sit in the mystery of your promise.

We ask this in Jesus' name, Amen. "Gut he was speaking about the temple of his body." Is the Gospel telling us our bodies are temples? Did this happen or is this a fable meant to convey our value is God-given and not bought or exchanged? Our bodies are temples that deserve care and attention, and are not to be subjected to consumerist tendencies, but safeguarded from potential evil.

Am I trying to guilt trip us here? No. I think we all fail to measure up from time to time. We try other avenues and other stuff to get closer to God. We fill up our bodies and our minds with clutter and forget the simplicity of being a follower of Christ. We forget our bodies, our lives, are for a purpose.

This Gospel passage and the season of Lent calls us to be vigilant. Our lives become cluttered when we fail to eschew the lures of the world. Whenever we complicate our faith, we end up inadvertently distancing ourselves from one another and therefore from God. May we take a good, hard look at the temples—our bodies, our lives—with which God has gifted us. What needs cleansed? Are we bold enough to allow Jesus to enter in and cleanse us? Do we allow others who recognize our gifts to help us declutter and refocus on what really matters? Our bodies are temples where the Holy Spirit dwells, and from there urges us to fulfill the purpose to which we are called.

### Focus on: Community

One of the best aspects the volunteer year was having a community with whom to share my experience. We learned from the collective wisdom that was present among us, and we were fortunate that some members of the community—the Dominican Sisters of Sinsinawa—just happened to have a bit more seasoned wisdom. We kept one another true to the purpose for which God called us. Community was often an exercise in recognizing God in one another; it served as a means for going back to our ministry sites and engaging people who were different from ourselves but seeing they all reflected God's image.

rvice Juggestion

My suggestion is that we seek out those who need to declutter their homes. Maybe there is someone you know who needs help cleaning out their attic or basement. As we help others remove their clutter, we can consider the detritus in our own lives that needs attention. We are a community of faith; when we help others we always help ourselves in the process.

#### About the Author: Anthony Butler, Dominican Volunteers alum

Anthony Butler served with Dominican Volunteers USA in 2005-2006 as an assistant teacher at Visitation Catholic School in Chicago. He has since served on staff with the program and completed his MA in Theology at Catholic Theological Union. He has taught high school theology and was campus minister at Saint Joseph's College in Rensselaer, Ind. Tony is currently the DRE at St. Augustine Parish in Rensselaer. He is married to another former volunteer, Brenda, and they have two young children.



### John 2:13-25

"Take these out of here, and stop making my Father's house a marketplace."



We pray, Merciful Lord,

We thank you that we are imprinted with your image.

Help us to admit when we are complicating our faith

And may we always allow you to cleanse us.

*Surround us with loving people who reflect your image* 

And let us know when we need to simplify our lives.

*This we ask through the holy name of Jesus.* 

Amen

y volunteer program, SOME (So Others Might Eat) is an interfaith, community-based organization that exists to help the poor and homeless of our nation's capital. We meet the immediate daily needs of the people we serve with food, clothing, and health care. We help break the cycle of homelessness by offering services, such as affordable housing, job training, addiction treatment, and counseling, to the poor, the elderly and individuals with mental illness. Each day, SOME is restoring hope and dignity one person at a time.

Today's Gospel includes some of the most well-known lines in the bible. John 3:16 states, "God so loved the world that he gave his only Son, so everyone who believes in him might have eternal life." I view this as God giving his Son to help the rest of humanity so they do not have to perish and will have eternal life. He loves us so much and wants the best for us. Another verse states "But whoever lives the truth comes to the light, so that his works may be clearly seen as done in God." I believe this verse is telling us that we should practice our faith and show God's love by helping others. I do my best to live out this Gospel as I volunteer with low-income senior citizens at the SOME Senior Center. I get to plan enjoyable activities and interact with the seniors – talking to them about wellness, playing bingo with them, ensuring they get a healthy meal, and just spending time talking with them and getting to know them. I want to bring some light into their lives. I also learn from the seniors – they have so much to share.

## Focus on: Spirituality

To me, Spirituality means faith. This Gospel tells us that we should whole-heartedly place our faith in God. If we have faith in him, we will have eternal life. If we practice our faith by living the way God wants us to live, including serving others, he will be pleased with us. We need to believe that he sent us to this Earth for a purpose, whether it is to volunteer, or to pray for another or just to share his word.

ervice Fuggestion

I encourage everyone to volunteer. Find a program that speaks to your heart. Look to groups like Catholic Volunteer Network for lists of opportunities. Pray about it – ask God to guide your service and to give you strength when things get challenging. If you can't commit to a long-term program, volunteer for a day. Volunteering not only impact others but can change the course of your life.

# About the Author: Jacqueline Martilla, currently serving with So Others Might Eat (SOME)

Jacqueline Martilla is originally from Long Island, NY. She received a Bachelor's degree in Social Work from Marywood University in 2016. She is currently a year-long volunteer with SOME (So Others Might Eat) Volunteer Corps.



fourth Sunday

### John 3:14-21

"For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life. For God did not send his Son into the world to condemn the world, but that the world might be saved through him. Whoever believes in him will not be condemned, but whoever does not believe has already been condemned, because he has not believed in the name of the only Son of God."



My prayer for you all today is to reflect on what God has done for you and what you can do for God and for your fellow brothers and sisters in Christ. Remember, "But who ever lives the truth comes to the light so that his works may be clearly seen as done in God." Pray to God that you can be the light to someone who may be in the darkness. *l*/n today's Gospel, Jesus prepares his followers for his impending Passion and reminds them of the type of discipleship they are called to: one of service and sacrifice.

We meet Jesus and his disciples in Jerusalem days before the Passover. Jesus has raised Lazarus from the dead and has been welcomed into the city with palm branches and praise—what we celebrate as Palm Sunday. "Whoever serves me must follow me," Jesus says solemnly. What does it mean to follow Jesus? In this context, a lot. He is about to fulfill his mission on earth through his Passion, death, and resurrection. He knows what lies before him: torture, mockery, exhaustion, and death itself. If we are to follow Christ, he is asking us to do so in a way that involves carrying our crosses. The path to resurrection is filled with opportunities to grow in love and service of one another. Jesus reminds us, "Unless a grain of wheat falls to the ground and dies, it remains just a grain of wheat; but if it dies, it produces much fruit."

This Lenten season, as we journey towards the celebration of Easter and Christ's resurrection, let us ponder what it means to follow Jesus and what role the cross plays in our discipleship. Are there certain things in our life that need to die in order to produce much fruit? Is Jesus asking us to give something up or work on something more deeply in order to better follow him?

## Focus on: Simplicity

Simplicity is fundamental to deepening our lives of service. A commitment to detachment, whether physical or spiritual, frees us in order to better hear the promptings of God and be better disposed to the needs of others. Jesus himself lived a life of complete detachment to the will of the Father and one committed to simplicity. How can you practice a spirit of detachment and commit to a life of simplicity this Lenten season?

rvice Juggestion

Are there things in your life that God is calling you to give up or be detached to? Go through your material goods this Lenten season and see if there's anything that can benefit others, be donated, or recycled. Take this spirit of detachment deeper by decluttering your mental and spiritual lives. Are you over-committed or always on the go? Try to slow down this season and focus on bringing the notion of simplicity into your prayer life by doing a daily spiritual practice and doing it well.

#### About the Author: Kate Fowler, Catholic Apostolate Center Staff

Kate Fowler is the Blog Editor for the Catholic Apostolate Center. She received her M.A. in Leadership for the New Evangelization from the Augustine Institute in Denver, Co. Kate did a year of service with the Catholic Volunteer Network as their Communications Intern from 2012-2013 and currently resides outside of Washington, D.C.



### John 12:20-33

"Whoever serves me must follow me, and where I am, there also will my servant be."



Lord Jesus,

You said that a grain of wheat must die in order to produce much fruit.

Help us as we prepare to celebrate your Passion, death, and resurrection to die to ourselves in order to live more fully for you and for others.

Help us to practice a spirit of detachment and simplicity as we seek to serve and follow you more closely.

May we carry our crosses each day joyfully with your grace so that we too may experience the beauty of resurrection.

Amen.

In the Palm Sunday liturgy, we see the highs and the lows of Jesus' ministry. Knowing what is to come next, I've always found myself anxious when reading of Christ's entrance into Jerusalem on Palm Sunday. We begin with joyful proclamations of "Hosanna in the highest!" and later in the Gospel reading find ourselves shouting along with the crowd "Crucify him! Crucify him!" It can feel strange to encounter the disparity between these moments in Jesus' life.

The school that I served at in Cambodia has about a thousand students. Each day we would hear stories from their lives – both the good and the bad. Sitting around the table at meals with the Sisters, we would recount what we had been told by our students, teachers, and staff. They would bring the joyful news of the birth of a new baby, weddings, the building of a new home, and opportunities to study, work, or improve their lives. We would be invited into their homes, their celebrations, and to share in their joys. But they would also often bring news of sickness and death, broken relationships, and challenges and injustices. Then we would be invited to pray for them, to comfort them, and to share in their pain. All of these stories would be told around the table.

Just as the Palm Sunday liturgy and readings require us to confront and be present to the highs and lows of Jesus' ministry and life, we are called to accompany people on their everyday lives but also through the great moments of celebration and the difficult moments of pain. It is in this accompaniment that we are able to find our place amidst the tension of the joy and suffering in the world.

#### **FOCUS ON:** Focial Justice On Palm Sunday, we see the power of a crowd – first joyfully greeting Jesus as

On Palm Sunday, we see the power of a crowd – first joyfully greeting Jesus as he triumphantly enters into Jerusalem and then watching as he carries his cross to his crucifixion. In a crowd, it is often easy to go along with what the others are doing or feel powerless and unable to fight injustices alone. We can feel this way in society as well. What social justice issues have you been waiting for someone to speak out about first? What are ways that you can use your voice to serve those who are suffering?

ervice Juggestion

Use your voice to speak out against the crowd! Spend some time in reflection on where you see injustice in your life and in the world. Once you have identified a cause, find ways that you can speak out about it: a post on social media, calling your local government officials, educating those around you, or even volunteering and inviting others to do so with you.

#### About the Author: Colleen Quigley, Salesian Lay Missioners alum

Colleen is originally from outside of Philadelphia. After graduating from The Catholic University of America in 2015, she spent a year serving as a Salesian Lay Missioner in Phnom Penh, Cambodia teaching at a vocational school for girls. She is currently a graduate student at Boston College School of Theology and Ministry and works with undergraduate students in the international immersion program.



Dalm Sunday

### Mark 14:1-15:47

"Amen, I say to you, I shall not drink again the fruit of the vine until the day when I drink it new in the kingdom of God."

#### Ever-present God,

Help us to remain present as we walk with our brothers and sisters in the crowd in times of joy and celebration and in times of pain and sorrow.

*Grant us the voice to speak out against injustices but also the voice to praise and to comfort.* 

May we always know that you are accompanying us.

Amen

For most of my life I have struggled to get up early. I do not have an inherent disposition to mornings, but waking up before 7 a.m. has never sounded good to me. However, I have recently felt like I might be missing out on something by only ever waking up to fulfill a responsibility. Unless my commitments are tied to another person or work, it is hard for me to get out of bed, whether that is for myself, or worse, for God.

So as I meditate on the passage in Mark 16, which depicts the fervent passion Mary, Mary Magdalene, and Salome had for Jesus, I feel convicted. Rising early, they rushed to serve Jesus with spices and burial rituals, completely forgetting to consider how they would get past the behemoth boulder standing firm between Jesus and the rest of the world. How often do I let the boulders in my own story quarantine my zeal for serving Jesus? How often do I sleep in just because I don't have a "plan"?

One thing I have learned in my 22 years, and will most likely continue to learn, is that confidence in Christ – "the riches of assured understanding" (Colossians 2:2) – is strengthened in situations contradictory to the plans I make for myself.

### Focus on: Community

In addition, these women are an example for me in my own community. Even in their service and dedication, they were surprised when Jesus was no longer in the tomb. Yet instead of remaining in awe, they were commanded to "go and tell." We are called to be witnesses and servants of the Good News, not spectators. This passage reminds me not to be shocked by the work of God when we gather in community to serve the Lord and to trust in the promises of God!

rvice Fuggestion

Similar to a budget, how we spend our days and who we give our time to is a declaration of our faith. As an act of service, give the Spirit space to move. Whether this requires an earlier start to your day or a portion of it to be left unscheduled, join me as I work to center Christ in my life!

#### About the Author: Bekah Fulton, current Sojourners Intern

Bekah Fulton is from Cypress, Texas, a graduate of Mercer University in Macon, Georgia, and currently a part of the 2017-2018 Sojourners Internship Program in Washington, D.C. She has developed a recent love for science fiction, likes to collects fridge magnets, and enjoys dabbling with various artistic mediums.



### Mark 16:1-7

*"He has been raised; He is not here."* 



Lord,

*I pray for the energy and discipline to rise early and lean in, with anticipation, to the work you have prepared for me.* 

May I not become disheartened by the boulders I cannot see around or the plans that don't seem to come together.

I pray you soften my heart to trust in your promises and to rejoice through word and deed as I heed your command to "go and tell" of your great works.

In Jesus' name I pray, Amen.





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For more information visit: www.catholicapostolatecenter.org



Catholic Volunteer Network is a national membership organization of Christian volunteer and mission programs that fosters and promotes full-time national and international service opportunities for people of all backgrounds, ages and skills. Catholic Volunteer Network supports and enhances the work of its membership by providing training and resources, networking opportunities, and national advocacy.

For more information visit: www.catholicvolunteernetwork.org

Catholic Apsotolate Center and Catholic Volunteer Network partner to provide a variety of resources for volunteers during and after their service experience. To learn more, please visit: www.catholicvolunteernetwork.org/alumni.