

# The Corporal Works of Mercy

## Feed the Hungry

### Food for Thought

“Whatever you did to the least of mine, you did for me”

– *The Gospel of Matthew 25:35*

### Daily Life

Smile to those you meet (we all hunger to be seen!)

Volunteer at a food pantry or soup kitchen, or through donations of food or money:

- St. Vincent de Paul (food distribution at Resurrection 2nd & 4th Thursdays, contact the office at 707-544-7272 for more information)
- Redwood Empire Food Bank – <https://refb.org/volunteer-opportunities/> or 707-523-7900
- Contact and get involved with Meals on Wheels – 707-525-0143 or [www.councilonaging.com/contact-us](http://www.councilonaging.com/contact-us)

### Questions to Contemplate

Read Mercy in the City by Kerry Weber

In what ways may we need to be clothed in Christ?

For what do we hunger right now?

- (Chapter 1): As we enter the season of Lent, Have you ever worried about how people would react to something from which you chose to abstain during Lent? How did it go?
- (Chapter 2): Kerry Weber ends this chapter contemplating what spiritual growth she has experienced by giving up something for Lent. How would you answer this question?
- (Chapter 3): Have you ever felt self-conscious after having ashes applied? How have other people reacted upon seeing you?

### For Further Consideration

YouTube video of Kerry Weber discussing this Corporal Work of Mercy: <https://youtube.com/watch?v=CKJ3jVYRmL0>

A Feast for Hungry Souls by Susan Muto, published by Ave Maria Press (2020)

Hunger for Hope: Prophetic Communities, Contemplation, and the Common Good by Sr. Simone Campbell, published by Orbis (2020)

Article: “10 Ideas that will help you make Feeding the Hungry an Act of Mercy” by Genevieve Perkins, found at <https://catholic-link.org/feed-hungry-mercy/>