

Enrichment Programs

JUST FAITH - A faith formation program including reading and discussing Catholic social teaching. **TC: 30 wkly meetings with assigned reading, 2 retreat weekends and 4 border crossings.**

Facilitators needed

Contact Carol Mayfield - (703)978-4141

SOUP SUPPERS - Attend a Lenten Friday meal and learn about helping people in need. Volunteers are needed to make soup, recruit soup makers, and help in the kitchen. **TC: 2-4hrs/wk during Lent**

Contact Carol Mayfield - (703)978-4141

“For I was naked and you clothed me”

CLOTHING DRIVE - Collect clothes for organizations that distribute them to people in need. Volunteers make phone calls, set up, collect, sort, pack, or deliver clothing. **TC: Oct 16-23, 10am-9pm, 2-88hrs**

Mary Ayre - (703)323-7597

COAT DRIVE - Collect coats and give them to people in need. Volunteers make phone calls, collect coats, sort, pack, or deliver.

TC: Jan 9-10, 2-16hrs

Betsy Burgett - (703)425-9593

Burgettfamily4@verizon.net

UNDIE SUNDAY - Collect new underwear for people in need. Organize publicity, collection, sorting, or delivery. **TC: 2-12hrs/yr**

Therese Ryan - (703)323-1020

jtdkjryan@cox.net

More Volunteer Opportunities

REFUGEE FAMILY SPONSORSHIP - Join a committee that organizes all aspects of assisting a refugee family to self sufficiency.

TC: Varies

Pat Holliday - (703)978-2155

pholliday@yahoo.com

COMMUNICATIONS - Write volunteer newsletter, provide information on Parish Social Ministry activities to the parish webmaster, design and distribute flyers, or help with light office work. **TC: Varies**

Contact Carol Mayfield - (703)978-4141

FAIR TRADE SUNDAYS - Assist with Fair Trade Coffee and Chocolate sales after Mass on Sundays. **TC: Sept to June, 2 hrs per sale, 1-7 sales/person/yr.**

Deb Caskey - (703)222-1087

dcaskey@cox.net

BIKES FOR THE WORLD - Collect bikes and related material for delivery to community development programs assisting the poor in developing countries. **TC: Oct 10, 4hrs**

Linda Hansen - (703)425-6163

Brian Keith - (703)764-3845

lphansen@verizon.net

HYPOTHERMIA SHELTER - Partner with FACETS and neighboring churches to provide a week-long overnight shelter for 25-30 homeless people in Fairfax.

TC: 2hrs to overnight stays, annually

Coordinator needed

Contact Carol Mayfield - (703)978-4141

Sources for facts on front:

2006 American Community Survey, US Census Bureau 2007

Community Health Solutions, 2006

Dept. of Systems Mgmt for Human Services, 2008 Point in Time Survey

Saint Mary of Sorrows Wants YOU to Volunteer!

In Parish Social Ministry
September 2009 – July 2010



**“TO LOVE SOMEONE
IS TO DESIRE THAT
PERSON'S GOOD AND
TO TAKE EFFECTIVE
STEPS TO SECURE IT”**

-Pope Benedict XVI, Caritas in Veritate

2005: Poverty rate 5.3% (53,494 people)

**2006: Estimated 100,000 without health
Insurance**

2006: Estimated 1,835 homeless

*These are not statistics - these
are the people of Fairfax County*

Called to Serve

Saint Mary of Sorrows Parish is deeply committed to Catholic social teachings and has a long tradition of caring service. Our faith calls us to love our neighbors and help meet the needs of our brothers and sisters. We invite you to become involved in the parish ministry programs. Please call the person listed if you are interested in learning more about an opportunity to serve.



Carol Mayfield ext. 19
Parish Social Ministry Coordinator
CarolM@stmaryofsorrows.org

**Saint Mary of Sorrows
Catholic Church**
5222 Sideburn Rd
Fairfax, Va 22032
Phone (703) 978-4141

For more information about PSM volunteer opportunities contact Carol Mayfield or go to:
<http://stmaryofsorrows.org/sac>

(TC= Time Commitment)

“For I was hungry and you fed me”

FOOD PANTRY - Our food pantry feeds low-income families in Fairfax. Volunteers help sort food, pass out bags, or fill orders. **Time Commitment (TC): 1-3hrs/wk**
*Co-Coordinator Needed - Contact Carol Kristen Meyers - (703)425-3281
jeff-n-kristin@juno.com*

BROWN BAG SUNDAY - Distribute brown bags on 1st Saturday and Sunday of the month, staple lists to bags, transport food, or donate food. **TC: 15min-2hrs/month**
Contact Carol Mayfield - (703)978-4141

THANKSGIVING - Provide holiday meals for local needy families and individuals. Volunteers sort food, deliver food, look up and distribute directions and bags of food to parishioners. **TC: Food collection Nov 16- 20, Delivery Nov 21, 2-4hrs/yr**
*Bunny Kowalski - (703)425-6002
bunnyk@starpower.net*

CHRISTMAS - Provide gifts and food for children, families, and elderly people in need. Volunteers prepare gift request forms, staff sign up tables on weekends in Nov and Dec, wrap gifts, or deliver gifts. **TC: Gift sign up Nov 7-30 after Masses, Gift preparation and delivery Dec 13-19, 2-4hrs/yr**
*Co-Coordinator Needed - Contact Carol Chris Mikrut - (703)239-9347
mikrut4@verizon.net*

KAIROS PRISON RETREATS - Bake cookies for prisoners on spiritual retreats. **TC: 4 times/yr, dozens of cookies needed.**
*Dan Turgeon - (703)239-8644
Mary O'Neill - (703)425-6946*

EASTER BASKETS - Provide Easter baskets for needy Fairfax Co. children. Volunteers sort candy and fill baskets.
TC: March 20-21, 2-4hrs/yr
*Doug and Wally Mertes - (703)569-7969
dmertes@cox.net*

FACETS HOT MEALS - Teams cook and deliver hot meals to homeless people in Fairfax. **TC: 3hrs, 5 times/yr**
*Pat Parr - (703)631-9118
hpparr@verizon.net*

SO OTHERS MIGHT EAT (SOME) - Teams cook hot breakfast for poor people. **TC: 4hrs, 10 times/yr total, (2 times/person/yr)**
*Don Allen - (703)278-8596
dallen54@cox.net*

FOOD FOR OTHERS - Deliver food once a month in the evening to poor people who live in low-income housing in Burke. **TC: Mon or Thurs evening, monthly**
*Mike Perri (Mon) - (703)591-5896
Faith McCormick (Thurs) - (703)425-2025
faithmccormick@verizon.net*

MARTHA'S TABLE - Deliver afternoon meal to homeless people in D.C. and conduct Lenten sandwich collection. **TC: 4th Sunday monthly, 3hrs (2 times/person/yr); March 6, 4hrs**
*Bill Seiler - (703)978-0242
pbseiler@verizon.net*

THE LAMB CENTER - Volunteers serve meals, clean laundry, and lead Bible studies at a daytime homeless center. Groups provide a hot meal for 75 people. **TC: 2-16hrs/month**
*Serve at LC: Joyce Hile - (703)641-9483
joycehile@aol.com
Cook meal: Charlie Hoover - (703)978-5086*