

Service Commission Report
Salt Lake City Diocesan Council of Catholic Women
January 29, 2022

I hope that you have all had a Happy and Safe start to 2022. I pray that you will find something to bring you great joy and fulfillment in the coming year and particularly during the upcoming Lenten Season.

In the last issue of Catholic Woman magazine in the Service Commission Update, we are encouraged by our NCCW President, Pat Voorhes, to focus our efforts on the plight of those experiencing human trafficking or domestic violence and to walk with mothers in need.

Even though January is National Slavery and Human Trafficking Prevention Month, and January is almost over, this is an ongoing issue and should be realized every day.

There are several resources on the NCCW website, www.nccw.org/commissionscommittees. There are excellent resources and would be a great project for any parish.

Another suggestion from the National Council of Catholic Women (NCCW) website is to participate in the “Friends with Pens” program, through the **Order of Malta**. This pen pal program is anonymous and opens the door to a safe encounter without revealing your full name, address, or requiring you to go into a prison unit. Their website has all the information you need to participate. These letters provide hopeful messages, current event information, and let the incarcerated person know someone cares. While this ministry might not be for everyone, it can be for some of us, a way we can be the “eyes, ears, and hands” of Jesus.

There is also a link to [our dedicated Walking with Moms in Need website](#).

There are resources to help implement a **Year of Service** in your local area, and prayers for the support of pregnant mothers and the success of this program sharing the Gospel of Life.

As you can see there are many opportunities for us to fully participate in service to our communities and incorporate these and many other projects into the upcoming Lenten Season. Some other suggestions for incorporating Service into your Lenten experience:

- Spend at least one weekend volunteering during Lent. If feel comfortable volunteering in person, do this at a local soup kitchen, or food pantry. Catholic Community Services is always looking for volunteers or the Utah Food Bank. There are many worthy and needy organizations throughout Utah.
- Fast from your iPhone or turn off your car radio during your travels. Use the quiet time or reflect on any habit that has kept you from being whom God has called you to be.
- Fast from non-essential electric lights on Saturday, March 27th from 8:30-9:30 p.m.

- Take something on-40 days of letter writing, 40 acts of kindness, 40 phone calls to the important people in your life
- Send Valentine's and Easter cards to those in your parish that are lonely, sick, mourning the loss of a loved one, or homebound. It means so much to know they are being remembered.

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