

Cathedral of the Most Blessed Sacrament

313-865-6300

www.cathedral.aod.org

DO YOU WANT TO BE HEALTHY AND HAPPY?

Volunteer! Studies show that when we give of our time and talent, we become healthier and happier. Though it can be hard to find time, the benefits of volunteering are enormous to you, your family, community, and our parish. It can help you reduce stress, find friends, combat depression, stay mentally stimulated, keep a sense of purpose, and learn skills.

As the Archbishop says in *Unleash the Gospel: Jesus Christ makes all things new! He himself is at work to renew his Church in the Archdiocese of Detroit. He is pouring out his Holy Spirit anew so that every member of the Church may be formed and sent forth... Our part is to give him our **whole-hearted "yes"** - to let ourselves be transformed, guided, and sent forth by the Holy Spirit, who is the 'principal agent of evangelization.'*

So! carve out some time to read the description of each ministry in the Ministry Opportunities Listing, then pray over it, asking Jesus what you are to do! For example, "Lord, do you want me... to meet people who are different from me?...To try something new?... To stretch myself?...To do something more fulfilling with my time?...To see a different way of life and a new way to live my faith?...To do more with the talents and gifts with which you have blessed me?"

Then sign up and hand in this form (**NOW or by November 10**) listing what The Holy Spirit is asking of you. In other words, give the **whole-hearted "yes"** that the Archbishop describes in *Unleash the Gospel*. Remember, no one is too old, too young, too weak, too busy, too anything to give their time and utilize their gifts. Our neighborhood is counting on you, the Church is counting on you, and most importantly, Christ is counting on you. Oh, and there is another motivation: reread the first paragraph above!

God bless you,
Fr. J.J. Mech

2019-20 Cathedral Ministries Sign-Up Form!

TURN IN NOW OR BY NOVEMBER 10 1 FORM PER PERSON PRINT CLEARLY

Your Name: _____

Full Address: _____

Best Phone: _____

Best Email: _____

And The Cathedral Visioning Team NOMINATIONS

The Cathedral Visioning Team (CVT) is an active, influential, and productive team which helps our parish move forward with Unleashing the Gospel.

The CVT meets periodically during the year to set short-term, achievable goals which will be carried out via the leadership of Action Teams. The CVT consists of the pastor, his staff leadership team, and four other persons from the parish. From those four, a chair, co-chair, and secretary will serve 3-year terms and rotate up and out.

Please nominate at least one parishioner who you believe would be willing and able to serve on our Cathedral Visioning Team to Unleash the Gospel. You may nominate yourself if you are qualified. Please print clearly and provide a phone number if at all possible.

All eligible nominees will be contacted to confirm or turn down the opportunity to be chosen from the pool of candidates. The new CVT member will then be chosen "from a hat" at Mass on Sunday, November 17.

MY CATHEDRAL VISIONING TEAM NOMINEE(S):

Name: _____ Phone, if possible: _____

Name: _____ Phone, if possible: _____

Name: _____ Phone, if possible: _____

Christian Service

- St. Vincent de Paul Team
- Holiday Meals on Wheels
- Food Pantry
- Gardens of Giving
- St. Moses Clothes Closet
- Giving Tree
- Coats for Kids
- Adopt a Family (see website)
- Focus HOPE (call them)
- Visiting the Homebound
- Stephen Ministry Applicant

Funeral Luncheons:

- Caller
- Make/Donate food
- Set up/Serve/Clean Up
- Coordinator

- Bereavement Letter Writer

Liturgical Ministries

- Altar Server
- Baptism Assistant
- Sew Baptismal Garments
- Children's Liturgy Leader
- Lector
- Usher
- Minister of the Eucharist

Church Environment:

- Assistant
- Pew Maintenance
- Building Trades
- BSC Clean Up
- BSC Grounds
- Watering Assistant
- Sewing Assistant

- Sacristans
- Laundry Sacristans

Funerals:

- Committal Assistance
- Lead Prayers at Wake
- Wedding Assistant Applicant

Action Teams

- Encounter
- Grow
- Witness
- Sunday Experience

Faith Formation & Evangelization

- Bible or Book Study Leader
- Alpha Leader
- Missionary Outreach

Music Ministries

- Archdiocesan Chorus
- Cathedral Chorale
- Cathedral Choir Academy

Adult Faith & Action

- Knights of Columbus
- Peter Claver Ladies
- Altar Society

Administrative & Hospitality

- Front Desk Volunteer
- Sunday Hospitality
- Tour Docent
- Bake for Workshops
- Decorate for Workshops
- Tablecloths/Linens
- Office Help

Other

Please list here another way you would like to help and we will try to make that happen!

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To Do:

Please read through the Opportunities Listing while prayerfully choosing a NEW ministry to get involved in along with any ministries you are already participating in!

We ask for at least a one year commitment. Please contact the listed ministry coordinator if you have questions.

Please be sure to turn in your commitment form on or by November 10. Today would be best!

You will be contacted with more information by December 1. If you do not hear from us by then, please call 313-865-6300.

Super Important!

All adult volunteers (18 and over) working with children or seniors in any capacity must complete a free, 3 hour Protecting God's Children workshop. Workshops are continually offered around the Archdiocese of Detroit.

Teens who are 17 or younger and working with children need to complete a Called to Serve workshop in order to volunteer. Many classes are offered all over the archdiocese every month.

A calendar and registration are available at www.virtus.org. If you need help registering, let us know.

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