

## Wreath I Medal Projects

**FAITH:** Earn your St. Catherine of Siena medal by going on a door-to-door mission or handing out Catholic tracts in a public place.

**HOPE:** Earn your St. Monica medal by completing a novena for vocations OR pray a Holy Hour once a week for three weeks for vocations OR serve your mother around the house for 20 hours.

**LOVE OF GOD:** Earn your St. Agnes medal by building a small altar in your room, with pictures, statues, flowers, prayer cards, Bible, prayer books, etc. OR attend a retreat weekend or longer.

**LOVE OF NEIGHBOR:** Show your love of neighbor by adopting a grandparent from a local nursing home and visiting them at least once a week for the next four weeks. OR work 20 hours for a non-profit, Catholic organization such as the parish, diocese or Catholic Social Services.

**PIETY:** Take part in a public act of piety outside of the church building, such as a Rosary procession, May crowning, or praying outside an abortion clinic. OR make 100 Rosaries and send them to an overseas mission or inner-city parish.

**HUMILITY:** Because humility is linked to modesty, participate in a Modesty Fashion Show or help organize one. OR log 20 hours serving those less fortunate than you either at a local kitchen, cleaning up the neighborhood, or working in a nursing home.

**OBEDIENCE:** Earn your obedience medal by making special sacrifices on Fridays to remember the day Christ died. For one month make a list of your Friday Sacrifices OR obtain signatures of at least five religious who have taken vows of obedience. Pray a novena of one decade of the Rosary a day for their continued dedication to their vow of obedience.

**INDUSTRY:** Make up a daily schedule including blocks of time for prayers, study, school, sports and leisure activities, making the best use of your time. OR begin a project for donation to a non-profit cause. Either auction it off or give it to a needy family or nursing home.

**TRUTHFULNESS:** Write a letter to the editor of your local newspaper or diocesan paper defending a truth regarding a controversial issue (i.e. abortion, euthanasia, priestly celibacy, etc.) OR write a fairy tale or parable like "The Boy Who Cried Wolf" in which the characters learn a lesson about truth.

## Wreath II Medal Projects

**MERCY:** Help plan and participate in a Divine Mercy Sunday devotion (First Sunday after Easter). OR complete a Divine Mercy Novena for a cause in which mercy is needed.

**COURAGE:** Write a short story (minimum 1000 words) that displays courage. Read your story to the group. OR Write a letter to an editor that courageously defends the Catholic Church and its teachings.

**JOY:** What makes you joyful? Write a book of jokes, a song, or a play and perform them for a group or for your family. OR help organize a backyard carnival, parish picnic, Vacation Bible School, or Christmas party. How do these bring joy into people's lives?

**GENEROSITY:** Find out if there is a school, shrine, or mission near you that was founded by St. Katharine Drexel. If so, visit the shrine and pray for her intercession. OR Visit a shrine or pilgrimage site near you, preferably one associated with the other four American citizen Saints mentioned in the Member's Guide.

**PRUDENCE:** Plan and carry out a Sunday School lesson, Little Flower Girls' Club meeting, CKNet (K4J) meeting, Vacation Bible School class or saint lesson in a home-school group or classroom.

**WISDOM:** Read the Books of Wisdom in the Bible and write a report on them: Job, Psalms, Proverbs, Ecclesiastes, Song of Songs, Wisdom and Sirach. OR read a conversion story like "Rome Sweet Home" or "Surprised by Truth" and write a book report.

**JUSTICE:** Donate 20 hours of service to a local soup kitchen, St. Vincent de Paul Society, or Crisis Pregnancy Center as an act of social justice. OR increase your regular pieties by one (i.e. go to an extra Mass during the week, offer up one sacrifice regularly, etc.) as an act of religious justice. Do this for at least one month.

**LOYALTY:** Earn your St. Lucy medal by making a scrapbook of at least 25 religious orders of consecrated women. Write to them for information and add your own thoughts about the order. What makes them different? What is their primary charism (philosophy and way of life)? OR visit more than one motherhouse of a religious order.

**PERSEVERENCE:** Learn to play a new instrument and practice five songs so that you can play them for others. OR learn a part in a play and memorize all your lines.

### Wreath III

**EUTRAPELIA:** Earn your Mary and Martha medal by writing a comedy and putting the play on for your parish, homeschool group, nursing home, OR write a book of jokes, puzzles, word games and mazes. Share the book with family and friends.

**FRIENDLINESS:** Earn your Ruth and Naomi medal by adopting a patient in a hospital or nursing home who may be in need of a friend. Be a spiritual friend as well, keeping them in your prayers. OR Find a pen pal in another state or country through Catholic Relief Services or other Catholic Social Services organization.

**INITIATIVE:** Earn your St. Margaret of Scotland medal by taking the initiative in your parish by volunteering as a catechist's aide, organizing a youth group bake sale, or running a Little Flowers Girls' Club or other youth group meeting.

**ORDERLINESS:** Earn your St. Zita medal by planning the meals for your family for a week. Find the recipes, make a shopping list and go shopping with your mother and help with the meal preparation. OR Make a daily schedule, blocking off time for chores, prayers, school play and rest. Try to stick to it for one month.

**SELF-CONTROL:** Earn your Felicity medal by keeping a log for one month of your daily acts of self-control, especially your trouble areas (anger, disobedience, laziness, etc.) Write an evaluation on how you improved your self-control. OR plan a daily exercise routine and stick to it for one month. Keep a log of your progress.

**RESPONSIBILITY:** Earn your St. Anne medal by attending a babysitting or first aid/CPR certification course in your area. OR Check out books from the library about babysitting and first aid and put together your own babysitting and first aid kit.

**PATIENCE:** Earn your St. Bathildis medal learn to knit, crochet, needlepoint, sew or latch hook. Finish a project with your new skill. OR Plant and harvest a vegetable or flower garden.

**CHEERFULNESS:** Earn your Mary, Mother of God medal by logging 20 hours volunteer service at a local hospital, nursing home, soup kitchen or crisis pregnancy center. OR Collect donations from your parish and community and put together ten baskets for a hospital, nursing home, soup kitchen or crisis pregnancy center and deliver them.

**FORTITUDE:** Earn your St. Lucy medal by make 50 Rosaries to send to overseas or domestic missions. OR Organize a fundraiser for a mission enough so that they can purchase 50 Rosaries.