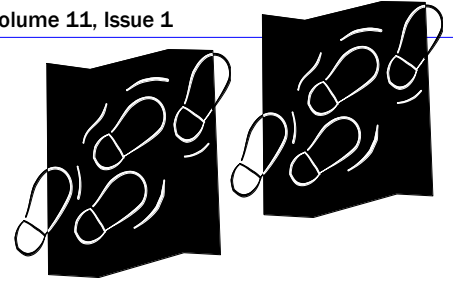


Franciscan Footsteps

Jesus says, "I have given you a model to follow, so that as I have done for you, you should also do." (John 13:15)



Dear Parents,

In John's gospel Jesus says this after washing the feet of his disciples. He is teaching us by his example to serve one another, which is why community service is an essential part of life here at Mt. Alvernia High School and very closely connected with the theology department. To learn about faith is important, but, to put it into practice is even better. It is such a moving experience for me to chat with your daughters about how they are serving others and to realize what wonderful followers of Jesus they are becoming, whom we can be proud of.

The first step in community service is finding a project/s to do. Some girls love what they do so much, they do it year after year. Others like to explore. Both ideas are good. Each month I will try to feature a few suggestions in this newsletter. The same information will also be posted on the community service bulletin board. I hope your daughter will find something she enjoys doing to serve others and meet her requirement. Every student, grades 8-12 has a 30 hour community service requirement. Evaluation forms for service done during the summer should have been submitted by September 30, but, late forms will be accepted and need to be turned in right away. If I can be of further assistance to you or to them please don't hesitate to call me at extension 15.

May God bless you and your families with peace.

Sincerely,

Suzie Franchi

Fall Walks:

Fall is a great time to walk and enjoy nature while also raising money for worthy causes. Students who walk must raise at least \$50 for the cause and will receive ½ the number of community service hours for each mile they walk. They must present proof of both money raised and miles walked. Here are some great walk/run opportunities:

Making Strides Against Breast Cancer

This walk along the Charles River is Sunday, **October 4**. Interested students/parents can look online: www.cancer.org/stridesonline and click on "Boston" walk for further information. They must register online at www.cancer.org/stridesonline or call 1-800-227-2345.

Respect Life Walk

October 4 is also the Respect Life Walk in Boston. This 5K walk, co-sponsored by Archdiocese of Boston and Mass Citizens for Life, begins on the Common at 1:30 PM. Information: www.masscitizensforlife.org or call 617.242.4199.

Holy Name, West Roxbury

Also on **October 4**, Holy Name has a 5K run to raise money for children with genetic disorders. Helpers are needed (report at 9:00 am) and runners (begin at 12:00). To register go to www.fogrun.org or call 781.727.7617.

Newton Walk for the World—Crop Walk

Sunday, **October 18**, 10 km walk. Registration begins 12:30 at St. Bernard Catholic Church, West Newton. For information call: 617.965.7441, go to www.cropwalkonline.org, or check at the Community Service Office for pledge sheets. 25% of the profits from this walk remains in Newton; 75% goes to help fund international relief and development projects. This is a great way to help both at home and globally!

Paddy's Road Race

Also on Sunday **October 18** run or help out at this 3 mile Road Race in West Newton to benefit Newton special athletes. Register online at www.paddysroadrace.com or contact Mark Kelly, Director of Special Needs, at (617) 796-1527 or mkelly@newtonma.gov

Other Ways to Serve

Italian Home for Children

The Italian Home for Children on Centre St., Jamaica Plain, is a residential treatment center for at risk and emotionally disturbed children.

Helpers are needed for the Tuesday and Wednesday night religious education programs, beginning October 6/7. To volunteer call Sr. Margaret at 617-524-3116.

SNCARC

This agency, located in Westwood, offers services to children with autism and other developmental disabilities and to their families. Volunteer opportunities include clerical work, fundraising, weekend programs (music, teen club), holiday parties, etc. For more information Contact Nancy Borr at nborr@sncarc.org or call 781-762-4001 x 412.

Ladders Program

Another program serving children with autism and their families is the Ladders Program which needs help with child care Wednesday evenings, 6:30-8:30 in Needham, beginning October 21. Volunteers must be at least 16 years old. For information contact Julie O'Brien at jobrien20@partners.org or call 781-860-1726.

Mt. Alvernia Academy, Chestnut Hill,

located about one mile away, would love to have student volunteers for their after school sports program on Tuesday, Wednesday and Thursday or, for their Extended Day Program, Monday through Friday. Call 617-527-7540 extension 1 for more information.

Halloween

Many organizations need help with their annual Halloween party for children. This is a great way to help out, to have fun, and to earn service hours all at once.

Newton Parks and Recreation Department

Has a sports program for people with special needs which includes soccer, track, swimming, ice skating, hockey, tandem bikes and other events. Help is needed. This is a great oppor-

tunity for student athletes! Programs occur on both weekend and weekday evenings throughout the fall. For more information contact Mark Kelly at 617.796.1527.

St. Patrick's, Parish, Stoneham

Would love to have a student do a 15-20 minute powerpoint presentation on St. Francis for their third grade religious education class on October 27. The class meets 4:15—5:30. For more information contact Patrice Fitzpatrick at 781-438-1093. (A great project for students who love technology!)

Great general resources:

- www.teenlifeBoston.com
- www.bostoncares.org

I do hope some of the above suggestions appeal to your daughters. If not, encourage them to come and see me in the community service office and we can look at other options.