



seek
Humility,
Service,
AND Love

-Pope Francis

2015-2016 CHRISTIAN SERVICE HANDBOOK AND VOLUNTEER GUIDE

Through direct service to our marginalized sisters and brothers, SFHS students expand their worldview and develop their gifts and talents for the greater glory of God. Their work emulates the life and ministry of Jesus Christ and our patron, St. Francis of Assisi. Students directly serve others by feeding the hungry, giving drink to the thirsty, welcoming the stranger, clothing the naked, caring for the sick and visiting the imprisoned (Matthew 25:35-36).

VOLUNTEER RIGHTS AND RESPONSIBILITIES

It is Your Right:

- To be assigned a job that is worthwhile and challenging.
- To receive the orientation, training, and supervision needed to do the assigned job.
- To feel that your efforts have real purpose and contribute to the organization's mission.
- To receive feedback and evaluation on the work you perform.
- To be treated with respect and be in a safe environment.

It is Your Responsibility:

- To not take on more than you can handle; be realistic about your schedule and abilities.
- To perform the tasks assigned to you to the best of your ability.
- To follow through on the time commitments you've made.
- To follow organizational policies and procedures.
- To respect the confidences entrusted to you.
- To offer advanced notification of absences or schedule changes that may affect the people or place you serve.
- To log your service hours in TroubieServe within 60 days of service.



Please see Ms. Villanueva if you feel that your volunteer rights are not being upheld; she will work with you to help resolve the problem.

SERVICE REQUIREMENTS

Service hours must be completed and logged in TroubieServe no later than February 25, 2016. Students who do not complete their hours on time are placed on Academic Contract preventing them from participating in athletics, Arts, and academic teams. Seniors who fail to complete their service requirement by the deadline may also be prevented from participating in senior class activities, including Kairos leadership. If the minimum Christian Service Requirement is not fulfilled, the student will not participate in graduation activities, receive her diploma, and the student's final transcript (which is mailed to her college/university in June) will show that the student has not graduated from St. Francis High School.

Minimum Service Requirements:

- Grade 9: 10 hours at two different pre-approved, non-profit agencies
- Grade 10: 15 hours at two different pre-approved, non-profit agencies
- Grade 11: 20 hours at one pre-approved, non-profit agency
- Grade 12: 30 hours at one pre-approved, non-profit agency

Students may not be compensated for service and all hours must be served outside of the SFHS community.

Verification of service and an official copy of the yearly student service report must be turned into second semester Theology teachers. Acceptable verification of service includes notes, emails, self-created or organization time logs, signed business cards, or certificates confirming that a student completed the service reflected in TroubieServe. Official service reports are furnished by Campus Ministry; students are emailed letting them know where and when reports are available.

TroubieServe is the SFHS service hour database. All students are assigned an account; training for TroubieServe occurs during Campus Ministry orientation at the beginning of the academic year. Students who need assistance with TroubieServe should see Campus Ministry for assistance. All hours must be logged within 60 days of service.

Core Programs are organized by student leaders and supervised by Campus Ministry, offer students the opportunity to earn service hours working alongside their peers. For a list of Core Programs or more information about service, please see the Christian Service section of the SFHS website or the bulletin boards near upper Serra Court.

Service Awards are given to students who complete and log at least 100 hours of direct service between May 1, 2015 and April 15, 2016.

2015-16 CORE PROGRAMS

“Those who are happiest are those who do the most for others.”

— Booker T. Washington

Wellspring Women's Center provides respite and services based on “hospitality with dignity and love.” Wellspring serves nearly 200 women and children each weekday and offers four different programs: Nutritious Meal Program, Children's Corner Program, Safety Net Support Program, and Women's Wellness. SFHS volunteers will help serve breakfast on late start mornings. Contact a Core Leader to volunteer.

3214 4th Avenue, Sacramento, CA 95817

Core Leaders: Julia Agos, 16agos@stfrancishs.org

Emily Bloom, 16bloom@stfrancishs.org

Sharing God's Bounty (St. Ignatius) provides hot dinners the 4th and 5th Wednesday's of the month for anyone who is hungry. Over the past year, more than 5,000 meals have been served. SGB also has clothing, books, and bags filled with nutritious and fresh food staples for guests in need. After dinner, guests and volunteers alike enjoy BINGO games. If you would like to volunteer, please arrive by 5:15PM.

3235 Arden Way Sacramento, CA 95825

Core Leaders: Lauren Craig 16craig@stfrancishs.org

Michaela Whitcomb-Weston, 16whitcomb-weston@stfrancishs.org

Sharing God's Bounty (St. Philomene) is a Catholic-sponsored soup kitchen dedicated to filling its guests' bellies and warming their hearts. Everyone is welcome for dinner on Tuesday evenings 6:00PM- 7:00PM in the multi-purpose room of the St. Philomene School. We generally serve 300-400 meals at the beginning of the month and 500-700 meals on the last Tuesdays of the month. Bounty welcomes everyone, regardless of their religious background or circumstances. Contact a Core Leader to volunteer. 2320 El Camino Ave, Sacramento, CA 95821

Core Leaders: Jessie Leatherby, 16leatherby@stfrancishs.org

Neha Khan, 17khanneh@stfrancishs.org

Michaela Mark, 17mark@stfrancishs.org

Mercy McMahan, follows the example of Catherine McAuley (foundress of the Sisters of Mercy) in her love and concern for the elderly. Mercy McMahan exists to express the compassion of Christ by providing quality housing and services to the elderly in a caring and responsible manner. Volunteers and staff work together to recognize the importance of each person's contributions and to provide the highest quality of care in a warm and caring environment. Contact a Core Leader to volunteer.

3865 J St, Sacramento, CA 95816

Core Leaders: Marissa Saldivar, 16saldivar@stfrancishs.org

Katie Mumm, 17mumm@stfrancishs.org

Chloe Azurin, 16azurin@stfrancishs.org

2015-16 CORE PROGRAMS

Challenge Sports is an all-volunteer organization that provides year round team sports for school age athletes with developmental and/or physical disabilities. It is highly recommended that volunteers plan to commit to an entire sports season since you'll be working in a one-to-one setting. Soccer takes place in the fall and basketball in the spring. Challenge Sports meets on Sundays. A fall recruiting event will take place in the CLC. See a Core Leader for more information.

Soccer (Fall): 5127 Heartland Dr, Antelope, CA 95843

Basketball (Spring) 6826 Hazel Ave, Orangevale, CA 95662

Core Leaders: Ally Tambornini, 16tambornini@stfrancishs.org

Elle Minor, 16minor@stfrancishs.org

Charlotte Kershaw, 16kershaw@stfrancishs.org

Reading Partners is more than simply reading with a child, RP volunteers follow a proven, structured curriculum to help students learn specific skills necessary to become proficient readers. It's simple, and it works. Each lesson comes with step-by-step instructions and all necessary materials. A trained site coordinator is available to answer questions, assist with the materials, and solve problems. Volunteers must commit to a consistent day and time because they assigned a specific student to work with throughout the semester. Before and after school options available.

Core Leader: Marie Rhoads, 16rhoads@stfrancishs.org

St. Patrick Academy volunteers tutor students from grades K-8 with their schoolwork. If you like working with kids or are interested in teaching this is a great Christian Service opportunity. Sign up with a Core Leader ahead of time. Volunteers are needed Mondays and Wednesdays 3PM-5PM. Contact a Core Leader to volunteer.

5945 Franklin Blvd, Sacramento, CA 95824

Core Leaders: Madalyn Lavezzo, 16lavezzo@stfrancishs.org

Erin Wilson, 16wilson@stfrancishs.org



2015-16 CORE PROGRAMS

Albert Einstein Residence is an independent living facility for seniors over 62 years old, many of whom are handicapped and disabled. SFHS volunteers will work and play bingo with residents and provide them with the opportunity to socialize with young people and practical support for special events and celebrations.

1935 Wright St, Sacramento, CA 95825

Core Leaders: Courtney Clark, 16clark@stfrancishs.org
Julia Cannon, 17cannon@stfrancishs.org
Amanda Schaffner, 17schaffner@stfrancishs.org

Sacramento Food Bank Sacramento Food Bank & Family Services

depends on a hardworking and dedicated corps of volunteers on a daily basis. From tutoring adults to sorting clothing to mentoring youth or working outside in the Demonstration Garden, there are endless ways in which your time, skills, talents and passion can be used to make a positive impact in our community. Most group opportunities with SFHS will be at mobile food distribution sites. SFBFS is fun, fast paced, and makes a direct impact. For more information or to sign up, contact a Core Leader.

Core Leaders: Maggie Oys, 16oys@stfrancishs.org
Anne Marie Shipley, 16shipley@stfrancishs.org
Izzy Roberson, 16roberson@stfrancishs.org

TRS volunteers are an essential part of TRS programs. SFHS volunteers can assist with coaching Special Olympics team and monthly dances. In order to become a volunteer with TRS, you must complete a Volunteer Application. TRS requires volunteers to have a positive attitude and a desire to work with a wonderful group of people.

Core Leaders: Natalie Bourgeois, 17bourgeois@stfrancishs.org
Monica Penalosa, 17penalosa@stfrancishs.org
Marie Rhoads, 16rhoads@stfrancishs.org

St. Mary School offers Troubies the opportunity to tutor students from grades K-8 with their schoolwork. This is a great Christian Service opportunity if you like working with kids or have a passion for teaching. Times are flexible. Sign up with a Core Leader ahead of time. 1351 58th Street, Sacramento, CA 95819 Phone: (916) 452-1100

Core Leaders: Grace Hale, 16hale@stfrancishs.org
Camille Avila-DaRosa, 17avila-darosa@stfrancishs.org
Daisy Romo, 16romo@stfrancishs.org

Other great non-Core Program volunteer opportunities

River City Food Bank: Monday thru Friday, 8:30AM-4:30PM. Most volunteers act as personal shoppers with clients Call 916-446-2627 to make arrangements; sign in when you arrive.
1800 28th St, Sacramento, CA 95816

Saint John's Program for Real Change: Visit <http://saintjohnsprogram.org/make-a-difference/> to learn about various volunteer opportunities. Email volunteer@saintjohnsprogram.org to learn more about how you can volunteer at Saint John's.



Loaves & Fishes:

In an environment of welcome, hospitality, cleanliness and safety L&F provides an oasis for homeless men, women, and children seeking survival services. Sign up through the Volunteer Coordinator's Office in advance-- they only take twelve students per day on the weekend. Your work hours will

be 7:00 a.m. until 1:30 p.m. Jobs include food preparation, cleaning the dining room. The Kitchen Manager can sign and validate your hours.
1351 North C Street, Sacto., CA 95811, Phone: (916) 637-2444
Email: volunteer@sacloaves.org.

Holy Cross Academy: Volunteer opportunities available Monday through Friday 3PM-5PM. Students can coach or mentor in a variety of ways. Please contact principal, Mrs. MacDonald to get involved! 800 Todhunter Avenue, West Sacramento, CA
Phone: (916) 371-1313

St. Philomene School: Tutoring and mentoring opportunities are available Monday through Thursday 3PM-5PM, check in with Ms. Faïres (in the front office) when you arrive.
2320 El Camino Avenue,
Sacramento, CA 95821.
Phone: (916) 489-1506

