



# 125 Service Hour Challenge

In honor of St. Alphonsus Church's 125<sup>th</sup> anniversary, parishioners are challenged to complete 125 hours of community service throughout the following year (August 2007 – August 2008).

This commitment would require only about 10 hours of service per month and would be a great way to help the community while meeting others from the church.

This challenge could also provide an opportunity for families to spend time together and contribute to a worthy cause. Sign up as part of a group, challenge your friends, or serve as an individual!

Several resources can help you as you endeavor to complete your hours. A monthly calendar of volunteer opportunities will be available on the St. Alphonsus website. Also, refer to the "Online Volunteering Resources" page for additional websites listing various opportunities. Finally, check out the "Ongoing Volunteer Opportunities" page, detailing projects or activities you can do on an ongoing basis.

As you complete your hours, you may log them online or at church (more information on this will come later). Also, check on other participants' progress as they work toward their goals. However you choose to complete your hours, this challenge will be a great way to help St. Alphonsus celebrate 125 years of serving our community. Learn more at [www.stalphonsuschgo.org](http://www.stalphonsuschgo.org). Happy volunteering!

## Online Volunteering Resources

### **[www.onebrick.org](http://www.onebrick.org)**

- < Provides you with a monthly calendar of volunteer opportunities.
- < Information is provided for each event and organization, along with an opportunity to RSVP for each event.
- < Site allows you to manage your own calendar online, logging events and reminding you of upcoming opportunities.

### **[www.volunteermatch.org](http://www.volunteermatch.org)**

- < Search for opportunities by zip code, organization, volunteer type, etc.
- < Offers a search for "virtual volunteering" – activities that you can do over the computer.
- < Allows you to "adopt" a zip code to support volunteering in your community.

### **[www.chicagovolunteer.net](http://www.chicagovolunteer.net)**

- < Allows you to search for opportunities by keyword and zip code or city area.
- < Lists mostly long-term opportunities rather than one-time commitments.

### **[www.chicagocares.org](http://www.chicagocares.org)**

- < After completing an online orientation (it only takes a minute) for the organization, you may sign up for any number of volunteer activities using the online calendar.
- < HUGE calendar with many opportunities posted (up to 170 projects per month).
- < Allows you to search for an activity based on your "issue area" of interest. Also check out the "family volunteering" section for great family-oriented activities.

### **[www.uwonline.org](http://www.uwonline.org)**

- < United Way posts volunteer opportunities through Volunteer Solutions.

### **[www.thevolunteerfamily.org](http://www.thevolunteerfamily.org)**

- < Register as a family or group and learn about ways to volunteer together.
- < Search opportunities specific to your family's interests, children's ages, group's size, etc.



# Long-Term Volunteer Opportunities

These opportunities go beyond a one-time commitment and can be completed throughout your year of service. Check out the online resources to discover many more ongoing opportunities.

From [www.volunteermatch.org](http://www.volunteermatch.org):

## **Jamal Place, Inc.**

8/18/07-3/31/08, approx. 8 hrs./month  
1335 S. California Ave.  
Help plan the "Opening Hearts, Building Futures" benefit.

## **Midtown Educational Foundation**

9/3/07-5/16/07, approx. 2 hrs./week  
Various locations  
Tutor/mentor at-risk students.

## **Girls in the Game**

10/1/07-6/1/08  
1501 W. Randolph and other various locations, 2-4 hrs./week  
Learn to train female parents or caregivers of young girls to incorporate health and activity into their lifestyles or volunteer as an elementary or high school coach at various school sites.

## **St. Joseph Hospital**

Various dates and hours  
2900 N. Lake Shore Dr.  
Fill various roles such as recreational therapist aid, bookcart volunteer, emergency room liaison, etc.

## **Making Mentoring Meaningful**

Long-term commitment  
Mentor a child (ages 4-14) with an incarcerated parent.

## **Lakeview Pantry**

Wednesdays, 11-12:15; Tues./Thurs. 4:30-6:30; Saturdays, 10:15 am-12:30 pm  
3831 N. Broadway  
Unload deliveries and help organize the pantry, etc.  
Stock/display items  
Serve as a home delivery driver

## **Chicago Training Center**

4-6 pm, once a week  
Tutor a public high school student involved in the training center's athletic program.

## **National Runaway Switchboard**

2-4 hours/week  
3080 N. Lincoln Ave.  
Serve as a crisis line worker

## **Lincoln Park Community Shelter**

Various dates/times  
600 W. Fullerton Pkwy.  
Serve homeless, teach a class to community members, etc. In order to volunteer at this site, you must attend an orientation. Orientations take place on the last Wednesday of every month at 6:30 pm.