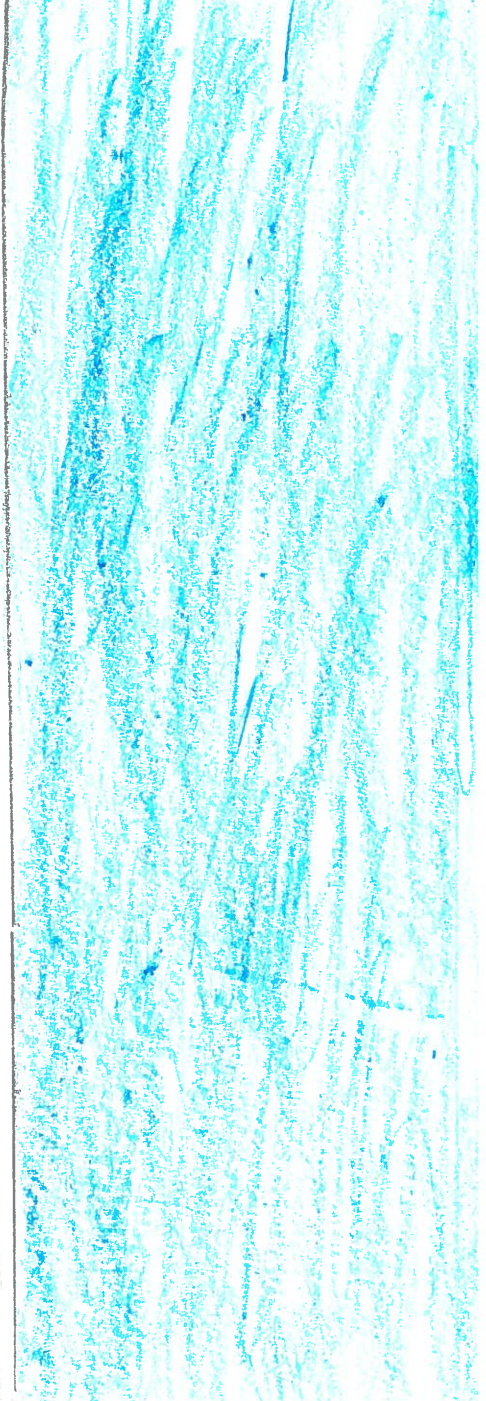
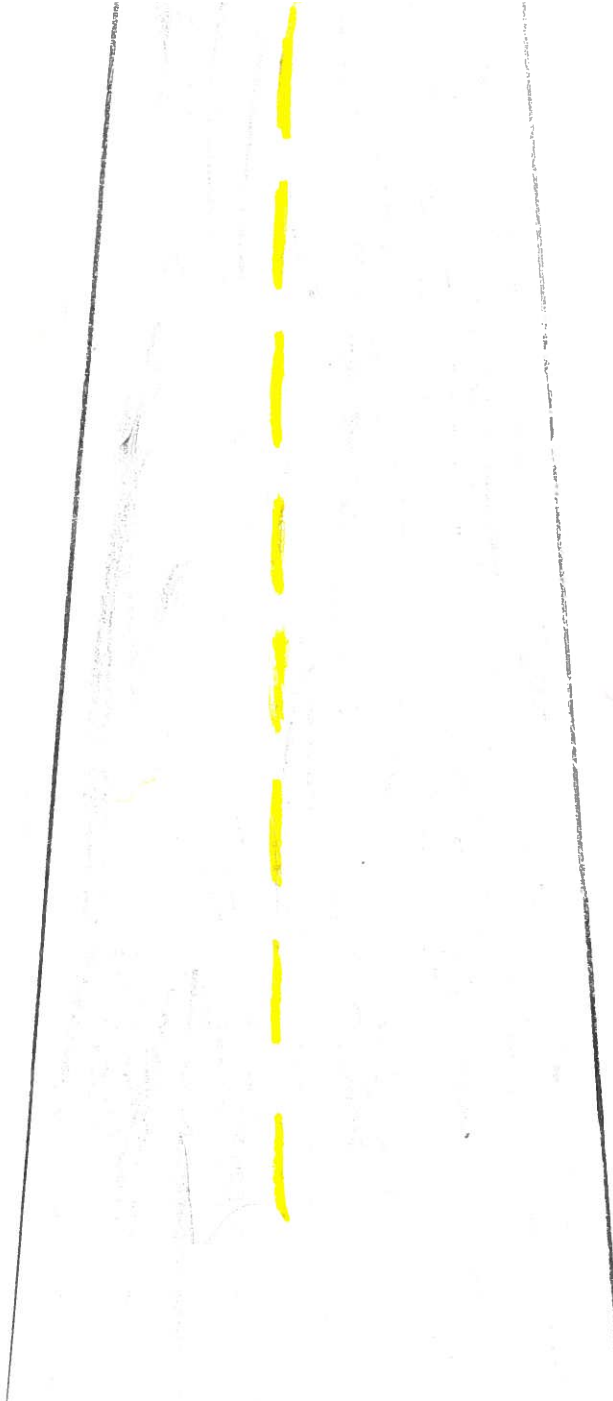


Luke Heinrichs

1st Place, Division 1, Art

"Whatsoever you do to the least of my brethren, you do for me."



I shared my lunch with you
today,

At recess, I asked you to
Play,

I saw a bruise on your
face,

You said you fell down at
your place,

I knew it wasn't true,
I didn't know what to
do.

You Can Help

There are many opportunities to help those in need. Some of those opportunities do not include spending money. You can pick something up when someone drops it. You can mow or do yardwork for an elderly person. You can smile and talk to someone having a bad day. Giving the clothes you have outgrown to someone who has less, is another way to help. People have can drives to raise funds for medical expenses, special Olympics, and other needs, so people in the community can donate cans. A good way to help people in need is to pray for them each day. Sharing a meal with others or a neighbor is helpful. Another way to give without costing you anything is to donate blood. There is always a need. You can also donate old sheets, bedspreads, material, and drapes to church ladies to make quilts for the needy.

There are also many opportunities that include spending money. You could help by donating money to your church for the neighbor to neighbor fund. You can also adopt a child or family to give Christmas gifts to. At Christmas time, our church accepts donations of new toys, clothes, winter coats, and blankets to give to community members in need. The local food pantry is always in need of canned goods and donations.

There are many ways that you can help the needy. Some ways include spending money and some do not. Whatever you do, as long as you have God in your heart you will be able to help someone.

The Unborn

I am in your protective room
Though, I did not expect, or assume
That we were never going to be in the delivery room
You said it was your body, your choice
It's not my fault that I did not yet have a voice
You didn't even mourn
While I became one of the unborn

Amara Heinrichs

1st Place, Division 2, Poetry

"Whatsoever you do to the least of my brethren, you do for me."

There are plenty of ways we can help the needy. We could donate old or new material for the quilters to make free warm quilts at my church. By donating non perishable food items to the food pantry, we could feed the hungry. Even at my school we have food pantries where you could donate money or food. When we have pancakes or a special breakfast at my church, we could donate a little extra money. If we all did that we could make a great impact and help those in need! We all just need to work together as Catholics to make great changes in the world. Donating to the Neighbor to Neighbor fund helps those who are struggling. By donating gently new clothes, furniture, shoes and knick knacks to Thrifty's does benefit the disabled, because they work there, and is sold for a really low cost. In the summer you, before school starts, you can donate backpacks and school supplies for can not afford it. Christmas time you can donate money, adult clothes, children clothes, toys, tools, blankets, pillows that gets distributed to low income families and individuals in our community. At my school we had a fundraiser for a young girl, Kate, and she had cancer, so that money most likely helps with the hospital bills and such. Everyday you can do random acts of kindness such as giving money to the poor, telling a random person hi or tell them they look good, pray for someone, tell a someone you love that you love them, hug someone, tell someone they did a good job. If you are creative and kind enough, you can and may find many other ways to help someone or to make someone feel great. You never know what someone is going through, maybe by giving them a compliment, you saved them from committing suicide that night. If you try your best everyday and follow Christ everyday, you will become the best-version of yourself. Maybe along the way you influence others to follow Christ!

Amara Heinrichs
1st Place, Division 2, Essay
Helping the Needy Where I Live