

Catholic Young Adults in Action

This is a strange time for all of us as the nation responds to the COVID-19 pandemic. Whether it's strange times or normal times, Christ calls all Catholics to be men and women of service to others: "For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me, naked and you clothed me, ill and you cared for me, in prison and you visited me" (Matthew 25:35-36).

The list below includes several ideas for ways to help others during this time. When participating in these activities either as an individual or as a parish, please be aware of guidelines for safety recommended by the CDC:

- General Safety Guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/workplace-school-and-home-guidance.pdf>
- Social Distancing Guidelines: <https://youtu.be/wKX1PQTz5 M>

Questions? Success Stories? Please let us know!

Office of Young Adult & Campus Ministry
Archdiocese of Galveston-Houston
yacm@archgh.org
713-741-8778



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- Catholic Charities of Houston: <https://catholiccharities.org/>
 - Contact Karina Hernandez: khernandez@catholiccharities.org
 - St. Vincent de Paul Society of Houston: <https://www.svdphouston.org/>
 - Contact Alma Garcia: alma.garcia@svdphouston.org
 - Houston Food Bank: COVID-19 Resources: <https://www.houstonfoodbank.org/covid19/>
 - Ways to serve in Houston: <https://volunteerhouston.org/>
 - More Ways to serve in Houston: <https://www.houstoniamag.com/news-and-city-life/where-volunteers-are-needed-in-houston-right-now>
 - Handwritten supportive notes are being sent with deliveries of food. If you want to write notes, send an e-mail to remote@crowdsourcerescue.com.
 - Crisis Text Line: <https://www.crisistextline.org/volunteer/>
 - Become a volunteer to help the Crisis Text Line continue to offer free, 24/7 support for those in crisis. If you're at least 18 and can commit to volunteering four hours each week, you can apply to be trained for free.
 - 7 Cups: <https://www.7cups.com/listener/become-a-volunteer-listener.php>
 - 7 Cups provides free, 24/7 emotional support to millions via online chat. They want to make sure nobody has to face their problems alone. Having someone like you to listen can be all it takes to make a real difference. All you need is an internet connection and to sign up for some training, and you can help provide emotional support to people!