We, at Catholic Volunteer Network and the Catholic Apostolate Center, welcome you (or welcome you back) to the 2019 Lenten Reflection Guide. This tool is meant to help guide you throughout the season of Lent through reflections and prayers from current and former long-term volunteers. The reflections offered in this guide help to put in focus the values of faith-based service during the many weeks of Lent.

Lent is not a time to simply give up chocolate and meat on Fridays. It is a time when we can take stock of where we are in our relationship with God through prayer, fasting, and almsgiving. As the baptized, we are called to mission. Some of us do that through long-term, faith-based service; some of us do that in our jobs as teachers, lawyers, or bankers; some of do that through a life-time commitment to the priesthood or religious life; and some of us do that through simply being kind to those we meet. However you find that you are called to mission, we invite this Lent to dig a bit deeper in your faith life and walk with Jesus through the next forty days.

Let this Lenten Reflection Guide assist you as you take the time to grow deeper in your faith. We hope it is a fruitful time for you, and we will wait with you, in hope and anticipation, for the resurrection of Jesus on Easter Sunday.

Sincerely,

Catholic Apostolate Center & Catholic Volunteer Network

Looking for more inspiration? Catholic Apostolate Center hosts an extensive library of Advent resources on their website: www.catholicapostolatecenter.org/advent-resources.html
REFLECTION

By Nathan Jeide-Detweiler, Lutheran Volunteer Corps

“Take care not to perform righteous deeds in order that people may see them” - Matthew 6:1-6, 16-18

I keep hearing myself calling other people hypocrites. In the past month, I’ve called many members of Congress hypocrites for preaching inclusive, humanitarian values yet enacting legislation that is too often exclusionary and harmful. In my personal life I’ve deemed hypocritical friends who complain about the church, but don’t want to engage with the church to help change it. My list goes on and on, and maybe yours does too.

Matthew’s Gospel text is directed straight at me. The above verses, and those that precede and succeed these passages, really deal with how to follow Jesus. Jesus is instructing his disciples to be very careful about how it is that they give alms and fast. He’s clear that when you give you should do so not to make your own name greater, and likewise that when you fast you should do so without making a big public show of it. Jesus explains that the reason why we give and fast isn’t to make ourselves higher in the ranking of ‘best followers of Christ’, but rather that we give and fast to better serve God.

Lent is a season in which many of us choose to fast, or deny ourselves something, so that we can better focus on our relationship with God (or work on some other spiritual practice). This Lent one of the things that I’m giving up is my attitude that makes me feel superior to others. I hope that every time I reach to call someone else a hypocrite I stop and reflect on my own actions that lead to injustice. Just like the prophet Isaiah says, each of us can choose to loose the bonds of injustice - and this Lent I want to start with me.

PRAYER

Infinite, intimate word-made-flesh, in this season of focus I choose to be critical of my actions before those of others. I choose to see how I don’t feed the hungry, before criticizing others. I choose to see how I ignore the homeless, before blaming those in power. I choose to see that I hurt with my words, before chastising others’ words.

Ultimate mystery of Incarnation, in this season of focus grant that I may remember to base my action on the way Jesus lived. May I draw inspiration from his life to touch lives around me. In this season of focus, let me work for peace and justice and draw hope from the deep wells of your boundless love.

In this season of focus let my eyes be drawn inwards and let my hands and feet embrace the world that you so love. Amen.

FOCUS: SOCIAL JUSTICE

The Verses immediately succeeding Matthew’s Gospel passage (6:19-21) are instructive in another way, which nods to faith-based service. In the verses, Jesus asks his disciples to think about what it is they prioritize. Are they prioritizing material things that will rust and fade or are they prioritizing treasures in heaven?

I think that Jesus wants us to remember that things often make us play second fiddle with people and God. The values of simplicity and social justice help me rearrange my focus to relationships and the Divine, which bring me so much more joy.

WHO INSPIRES YOU TO SERVE?

For the past six years I’ve been inspired to serve by Soren Kierkegaard, a 19th century philosopher who dually wrestled with how to be in the world and in your faith. I’ve long wrestled with the tension between jumping into service without all my ducks lined up and inevitably not doing something. Kierkegaard challenges me to accept that a certain amount of anxiety is healthy in learning to live well in the world.

Ash Wednesday | 2019
In each of the Church’s Liturgical Seasons we have an opportunity to examine ourselves and reflect on different aspects of Jesus’s life. During Lent we create a space to reflect on His suffering and sacrifices.

In today’s Gospel reading the Spirit led Jesus into the desert. For forty days Jesus lived in the wilderness, and faced the devil’s temptations. He was tempted with pride, power, and popularity; however, Jesus knew that He was called to follow God’s will and resist the empty promises the devil offered.

I find comfort that the Holy Spirit led Jesus into the trial. The forty days were meant to prepare Jesus for the work that was to come, and a part of that preparation included temptations. Jesus relied on His knowledge of the scriptures and combatted the temptations with Truth. Turning a stone into bread seems like an innocent action, but Jesus knew that the temporary satisfaction would be empty and in defiance of God’s will. Jesus understands what it means to face temptation, and in His resistance provides a model of following God’s will that we should all ascribe to. Jesus was tested, and responded without sin. When I find myself facing a trial, I can draw comfort in the knowledge that the same Holy Spirit that led Jesus into the wilderness is in me.

In His resistance in the wilderness, we have a foretaste of Jesus’s victory to come. At Easter we celebrate Jesus’s victory over death; in the meantime Lent provides us with a time to fast and prepare our hearts for the inevitable temptations of the world. Lent provides us with the opportunity to spend forty days in our own “wilderness”, fortifying our own hearts through sacrifice and prayer.

Focus: COMMUNITY

Throughout Lent we focus on all that Jesus has done for us. In today’s Gospel we see that Jesus resisted each temptation, not just for Himself, but for us. Each of the temptations the devil proposed were designed to distract Jesus from His humanity.

Each temptation involved Jesus using His divinity for personal gain and separating Himself from the human community.

The temptation of individualism is something that we are all called to resist. The Lord created us as social beings with a responsibility to care for one another.

PRAYER

Lord, you created us to love and worship. Help me cling to the truth that I am Yours in the midst of trials. When I walk through the valleys help me remember the joys from the mountain tops, and place my hope in the knowledge that Your will is for my good.

Stir in me a heart that longs to discern Your will. Help me to work Your justice rather than personal gain every day of my life. Bless our bodies for Your service, and our service for Your Glory.

WHO INSPIRES YOU TO SERVE?

My Mom has always been a model of service I aspire to follow. She embodies the principle of placing others first, stressing to me and my siblings that “where your treasure is your heart will also be.” Mom’s treasure is rooted in the love she has for our community, and it is important to her that she actively invests her time to show the love. It could be as simple as caring for our school garden, or as involved as organizing our Church’s homeless outreach ministry.

Mom has always found a way to make time for the causes that matter to her, and in doing so has shown the importance of committing time and resources to love others in her care for all of God’s Creation.
"While he was praying his face changed in appearance and his clothing became dazzling white.” - Luke 9:28B-36

After reading today’s Gospel, I decided to look up the meaning of the word “Transfiguration” and the definition that stared back at me: “a complete change of form or appearance into a more beautiful or spiritual state.” So on this Second Sunday of Lent I dare ask, “Are we transfigured when we pray?”

According to author Matthew Henry’s commentary on this scripture, “Jesus put an honor upon the duty of prayer and to recommend it to us. It is a transfiguring, transforming duty.” I also found a quote by Danish philosopher Soren Kierkegaard that says, “prayer does not change God, but it changes him [her] who prays.”

Do you go to prayer burdened and come out still burdened? Do you go to Mass troubled and leave overburdened by the weight of that which you carried to Mass, and more? Once more Matthew Henry states that, “By prayer we fetch in the wisdom, grace, and joy, which make the face to shine…” just as Jesus shone, or glowed, in prayer.

Today, Jesus sets an example in prayer for us in this Lenten season - He seems to be summarizing it all saying: “do not just walk with me (these forty days in the wilderness) or just give alms (feeding thousands, washing the feet of others) because Lent requires it; but do it with the kind of prayer that transforms you as you journey with Me towards the cross and beyond the cross.” Be transfigured in and by prayer so that the world around you sees God’s glory, just as the fully awake disciples saw Jesus’ glory.

PRAYER

Dear Jesus — Most often there are so many things I would like to tell you about - even though You see and know it all already. Teach me to pray for others and myself so that we be transfigured just as You were on the mountain. May Your glory shine through us by the joy You fill our hearts with. Use us to bring peace, joy and the warmth of Your love to Your children; help us see Your glory in everyone and in everything around us because You made them in Your image and likeness. Thank You for the encouragement and strength and for the transforming power of Your love that made You go to the cross for our sake. Amen!

Focus: SPIRITUALITY

Although Jesus spent most times on the mountain in prayer, I wonder if words ever evaded Him when He needed it the most (as it seemed to have happened on that night on the Mount of Olives before His arrest). These days, I think it is sometimes easier to find and read so many quotes and books on prayer than it is to actually find the words to pray, but as Mahatma Gandhi once stated, “In prayer it is better to have a heart without words than words without a heart.” I find that some of the most tranquil and transforming times I have had in prayer are the struggle-for-words-moments where I just sat still before the Blessed Sacrament or the altar and allowed God to ‘pick the words from my heart’. I tell myself and others that, “let your life and existence and countenance be your prayer to God, so that you will have used the whole day in prayer.”

WHO INSPIRES YOU TO SERVE?

Mother Teresa of Calcutta did not just pray but lived out her prayer in everything she did. I believe that she is one of the best examples of transfiguring prayer- the kind of life we are to live when we descend our own Mount Tabors. Mother Teresa “devoted her life to serving the poor and destitute around the world. …she founded the Missionaries of Charity…devoted to helping those in great need. …became a symbol of charitable selfless work.” (Pettinger, Tejvan. “Biography of Mother Teresa”). She gives us an example of how prayer transforms us and changes our hearts to see the world through God’s eyes and to serve others not because of what they can offer us in return. She is a symbol of God’s love and God’s heart to the world- she inspires me to serve wholeheartedly and to pray by not asking for things from God all the time but to “put myself in God’s hands, at this disposition (of prayer), and listen to His voice in the depths of my heart.” She inspires me to be the heart, hands and feet of Jesus in a broken world, and to love expecting nothing in return.
REFLECTION

By Sarah Hopkins, Christ House

“In the first reading preceding today’s Gospel, God comes as a mysterious, awe-inspiring, radiant, burning bush calling to Moses. God tells him to remove the sandals from his feet because he’s standing on holy ground. Initially, Moses hid his face, afraid to look at God - he probably had all kinds of practical reasons to ignore this lofty mission to rescue the people of Egypt, but he listened and responded.

When I think of being barefoot, I think of vulnerability and trust, which is exactly what God is calling us to. God’s call is often mysterious, awe-inspiring, alarming, challenging, and maybe even a bit dangerous, just like the burning bush - calling us to take off our shoes, bring ourselves into God’s presence, listen, and respond. God delights in drawing us into his mission, we must only open ourselves up to recognize the call. Working for social justice presents at times both great joy and great sadness, great accomplishments and great challenges. But the most important thing to remember is that God is there through it all, and it is holy.

One of the songs we often sing at Christ House proclaims, “This is holy ground, we’re standing on holy ground. Because God is present, and where He is is holy.” Staff and patients alike repeat this refrain over and over, challenging ourselves to recognize God in all the little moments around us. What an amazing reminder this is – in the midst of all the daily challenges we might experience, God is always with us, making our days holy and beautiful.

Focus: SIMPLICITY

While God’s call is uniquely challenging for each person, it is also quite simply rooted in love. In the Gospel today, Jesus tells a parable about a man who has a fig tree that has stopped bearing fruit. He wants to cut it down, but the gardener petitions to leave it for another year so he may cultivate and fertilize it with the hope that it will bear fruit in the future. Our souls are the same - if we want to bear fruit in our call to service and justice, we must cultivate the ground that we are rooted in.

Living in community, we frequently eat of the same literal food and drink, but how often as a community do you eat and drink from the same “spiritual rock” that is Christ? How can you cultivate a community that is rooted in Christ, desiring only what is good? Living simply in intentional community tempts one to have practical desires for material things. But how can you, both as a community and personally, work to focus on the spiritual simplicity of remaining rooted in the call to God’s love rather than the material simplicity of your circumstances during your year of service?

PRAYER

Come, Holy Spirit, inspire me to come closer to You, to take off my shoes and recognize the holy ground that I stand on in Your constant presence. Open my heart, so I will not be afraid to listen to You calling my name.

Allow my heart to burn with love for You and for Your people, and walk with me in every moment as I go forth as your feet in the world. Come, Holy Spirit, inspire me to be love.

WHO INSPIRES YOU TO SERVE?

I don’t think I could pick a single person who inspires and encourages me in my service. I have been inspired by so many people along the way, including countless examples of loving service at Villanova University and an incredibly supportive community here at Christ House. It is so encouraging to be surrounded every day by people who commit their lives to working for social justice in whatever way they can, despite the challenges and setbacks. I am so encouraged and inspired by the simple, yet all too uncommon, act of just loving people.
"...his father caught sight of him, and was filled with compassion. He ran to his son, embraced him and kissed him". - Luke 15:1-3, 11-32

The Parable of the Prodigal Son is one of the most well-known Gospel stories. The popularity of this passage highlights our world’s universal need for fairness. When we follow the rules, we expect others to do the same. Thus, if someone doesn’t follow the rules and still receives positive recognition, we can become upset. However, like most Bible passages, this parable does not validate our human frustrations. Instead, it focuses on the object of our disapproval: the Prodigal Son.

God does not wait for us to turn in a final product, or expect us to look back at our checklist and point to the ways we have correctly followed the guidelines. Instead, God hopes that we desire a relationship. That when we stumble or stray, we have the humility to pause and ask for support. We must desire relationship, not praise. In fact, we are to praise through our works, through our thoughts, and through our actions.

“He ran to his son, embraced him and kissed him.” Our hesitancy to ask for help may be rooted in a false belief that we can do it alone; therefore, when we receive help, we can become embarrassed at our inadequacy. Therefore, we must re-root ourselves in the true belief that we cannot go through this world alone - without our God. This is a lesson we know, but still need to learn time and time again.

It is suiting that this reading comes towards the end of Lent as a reminder that our fasting or abstaining is not for reward, but for relationship. It prepares us for Easter. “I have sinned against heaven and you.” Our sins are not just our own - they are communal; as are our triumphs. When we seek justice and we fight for social justice we are doing it not just for the immediate other, but as a way to praise something bigger.

**PRAYER**

May I call on God the same way I am quick to call my best friend with new and exciting news. May I desire upon God the same way one desires their parents when they are feeling sick or helpless. May I ask God for comfort the same way I ask for a loved one’s embrace during times of stress and loneliness.

May I choose partnership over independence. May I long for guidance and accept fault.

May I celebrate life with the Creator of life.

**FOCUS: SPIRITUALITY**

The season of Lent aligns with the halfway mark of my service year. Service years can be tricky. It is the first time I have been out of school and also have a commitment that is only a year long. It is the constant balance of being present and planning for the next year. It is easy to try and take a break from my relationship with my faith because I am trying to prepare for what is next. It is comfortable to make my to-do list and then pray about it to God. It is a struggle to acknowledge when I have put my faith on hold to figure it all out myself.

“You are here with me always; everything I have is yours,” the father explains to his angry son. Everything we do is to be shared in faith with whom we pray to. It is not easy, especially for someone like me who prides herself on her independence. Still, I am humbled by the image of my aunt, someone who is fiercely independent yet does not hesitate to share every piece of her life with God. She reminds me to not compartmentalize. She does not carefully select what she is going to share with her Creator. Why would she? Instead, she freely speaks aloud to God; explaining her day, inviting the Spirit so effortlessly. She knows she does not have to do it alone because faith is about living in relationship with God. Everything she has is not for her own. She reminds me to share my life with God authentically. The mundane, the future, and the present; she shares it with God so easily and beautifully.

**WHO INSPIRES YOU TO SERVE?**

My aunt does not wait to invite God into her life. Their relationship is overflowing with love and with communication. They plan and observe her life together, the love between them glistens. Their friendship reminds me to converse with God more frequently. This example of relationship is one I hope to replicate during the rest of my service year. In the Season of Lent, she reminds me to speak to God naturally. Most of all, as Easter approaches this Parable reminds me it is not about obtaining the perfect relationship, but one that is unconditional and full of Grace.
Fifth Sunday of Lent | 2019

REFLECTION

By Becky Kreidler, Franciscan Mission Service

“Jesus bent down and began to write on the ground with his finger.”
- John 8:1-11

During this fifth week of Lent we are reminded that Jesus’ calm heart of contemplation should be our guide in strengthening our dependence on Him, allowing us to minister with renewed and clear hearts. As I read today’s Gospel, I was drawn not to his words or the main plot points that unfold, but rather I found my heart gravitate most towards this line:

“Jesus bent down and began to write on the ground with his finger.”

I’m sure I’m not alone in what comes to mind when I think about the legacy of Jesus: turning water into wine, walking on water, healing the sick...my mind never lands on this action of lowering himself to the ground and drawing in the dirt with his fingers. He stops in his tracks, undoubtedly with everyone around Him holding their breath for His response to the scribes and Pharisees, and he takes the time for discernment, for contemplation. I imagine him allowing the spirit to surround Him and aid Him in this moment of being tested, strengthening Him to release the words of His father: the words of justice and love towards a woman who, like all of us, is more than the worst thing she has ever done.

Through contemplation and discernment we are made strong in our God, we are more clearly able to see the path of justice. We are able to withstand the tests and temptations so that we might fix our eyes on seeing God alive in those in front of us. As Lent comes to a close, let’s choose to kneel down and take pauses to invite God in to each moment that we might always minister from a place of contemplation.

FOCUS: COMMUNITY

Can you imagine what our world would look like if we brought more contemplation into our relationships and our communities? If we allowed ourselves to be completely vulnerable and invite others to lean on us the way Jesus invites us into his embrace? To me this sounds a lot like the kingdom we so often talk about. I invite you to reflect on how you can weave contemplation not just into your own personal prayer life, but into your interactions to those you are closest to and still others you can invite into community.

PRAYER

This Lenten season, may we doodle on napkins, choose the longer way home, find a quiet corner in our day, for we believe that when we ponder your mystery, you reveal glimpses to our hearts.

May we turn down the radio, set aside the distractions of screens and bright lights, for we trust that in the silence you will speak loudest.

May we kneel down to the ground, write with our fingers in the dirt, and allow the spirit room to transform our hearts into cathedrals of more perfect love.

WHO INSPIRES YOU TO SERVE?

To me so much of embracing mission is learning about the local culture and people who have shaped the place God has sent me. Guatemala had arguably one of the most brutal civil wars in the region, lasting 36 years. Amidst the violence, an Indigenous Quiche Mayan woman, Rigoberta Menchú, worked against the brutal Guatemalan government and army on behalf of the rights of Indigenous peoples. Despite losing many family members to the genocidal violence, the Catholic faith being manipulated to tell Indigenous Mayan people to accept their poverty and persecution, and being exiled from her home country, her renewal in liberation theology and the strength of the Lord set her feet on a path of justice to fight for the human dignity of her people. Through continued contemplation, may we all find our hearts moved to not just long for, but to seek justice.
REFLECTION

By Liz Fairchild, Holy Child Volunteer Service

"Father, forgive them, they know not what they do." - Luke 23:1-49

Today's Gospel reading depicts the Passion of Christ. The use of the word “Passion” to describe the death of Jesus speaks volumes. It could have easily been referred to by another name – the kind of name that placed blame on one or more groups of people involved. In calling His death the “Passion” we recognize the love God has for us since “passion,” by definition, is a strong, barely containable emotion.

When we read today’s Gospel we see an outpouring of love for these around Him during the Last Supper. Jesus prepares his disciples for what is to come, telling them to serve each other and not to worry. This call to service is a call to love and shows that even in his last hours Jesus was thinking of his people. Another example of love comes while Jesus was being questioned by the authorities. Jesus could have cursed them and rebuked them. But instead He says nothing. Yet another example of love can be seen when Jesus reveals to Peter that he will deny Him three times. Jesus, having known Peter from the beginning, knows that despite his initial responses Peter would remain faithful in the end. And that Peter could be relied upon even after denying Christ. Jesus could have spent his last hours alone or fought the authorities at every turn, but instead He chose to love them all with a passion, giving up his life so that we all might live.

Focus: SPIRITUALITY

We can see a clear example of spiritual growth when we examine the relationship between Peter and Jesus - a relationship based on love and trust.

When Peter is told that he will deny Christ, his initial reaction is one of shock and denial, having been a loyal friend and follower of Jesus.

You can imagine Peter’s pain when Jesus’s words come to fruition. It is by this suffering Peter grows in faith.

Peter could have easily chosen to distance himself from Christ from that night on, but instead has faith and becomes the Rock on which Christ build his church.

PRAYER

Lord, You have known me since time began.
You alone know my heart in its truest form.
Despite the challenges and suffering I may face, help me to stand firm in my faith in you. Allow me to be like Peter, your rock.
Give me the courage to know to seek you and to find you.
Allow me to walk with you and changed by your presence in me.
Let my will become yours and you’ll become mine.
Amen.

WHO INSPIRES YOU TO SERVE?

The Sisters of the Holy Family of Nazareth are a congregation of vowed religious women who founded the Holy Family Service Corps. As a part of their volunteer program, I was given the chance to serve in a variety of roles, walking with minority populations through ministries sponsored by the Sisters. While I learned a lot by working in these ministries, I learned even more by forming friendships with the Sisters. I learned that Sisters and Religious are all people who are in many ways just like me.
**Reflection**

By **Gina Morgese**, Capuchin Youth and Family Ministries

“This man God raised on the third day and granted that he be visible, not to all the people, but to us, the witnesses chosen by God in advance, who ate and drank with him after he rose from the dead.” - Acts of the Apostles 10:34A, 37-43

Today’s first reading from Acts of the Apostles has deep and personal meaning for me; it reminds me that no matter how difficult the situation, God will never leave me. The words “this man God raised on the third day” reminded me of the miracle that God performed in my own life, when I was sixteen and found that I needed to have open heart surgery to repair a genetic heart defect that had gone undiagnosed since I was born. God performed a miracle in my life by protecting me for so many years. If someone asks me, “why do you believe in God,” this is part of my witness story that I share. This reading also relates to my service experience. As part of my service year, I live in community with six other volunteers. Our community theme for this year has been “your brokenness is welcome here.” We have it hanging on our living room wall as a reminder that God loves us despite our sinfulness, just as it is stated in the reading “everyone who believes in him will receive forgiveness of sins through his name.” This year, my community is focusing on how we need to remain humble and surrender our weakness to God, as it is only through Him that we can find strength.

**Focus: Community**

As a Franciscan volunteer community, simple living is one of the main tenets of our year together. One such activity that we do as a community is to share simple meals together. We have a limited food budget and personal stipend and do not have extra money for fancy meals or eating out. Instead of eating out, we eat dinner as a community together at least four nights a week. This has been one of the best ways that we have been able to build friendships and a sense of a community, while upholding the pillar of simple living.

**Prayer**

Dear Loving and Gracious God,

During this most sacred season, please help me to grow closer in my relationship with you as I focus on the ultimate sacrifice of your death on the cross. Help me to turn away from sinful habits and strive to better live out the Gospel teachings each day. I pray that I may spend these next days and weeks reflecting on the greatest act of love - your sacrifice on the cross - by simplifying my life and giving up things, habits or anything else in my life that distracts me from my relationship with You. In Your name I pray, Amen.

**Who Inspires You to Serve?**

One person in my life who motivates and encourages me to serve others is Fr. Fred Nickle. He is the chaplain at the retreat center where I am currently serving. He is 80 years old and has been serving in youth ministry for over 20 years and works 6 days a week as a youth minister. Fr. Fred inspires me, because he has so much passion and energy to work with youth. Fr. Fred lets God’s light shine through his thoughts, words, and actions. He has a such a gentle spirit and is the most giving and compassionate person I know.
The Catholic Apostolate Center, a ministry of the Society of the Catholic Apostolate (Pallottines) - Immaculate Conception Province, was founded in 2011 to respond to the needs of the Church through: Developing, in collaboration with dioceses and other institutions and organizations, formation programs for the New Evangelization; Assisting Catholic leaders in deepening collaboration with one another; Providing formation and apostolic opportunities for members and collaborators of the Union of Catholic Apostolate. The Center takes its inspiration from the spirituality of St. Vincent Pallotti and achieves its goals through hosting conferences, seminars, webinars, and presentations as well as providing online and print resources.

For more information visit: www.catholicapostolatecenter.org

Catholic Volunteer Network is a national membership organization of Christian volunteer and mission programs that fosters and promotes full-time national and international service opportunities for people of all backgrounds, ages and skills. Catholic Volunteer Network supports and enhances the work of its membership by providing training and resources, networking opportunities, and national advocacy.

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