

Service Opportunities

General Info and Resources

- See OnCampus Service Hour pages for guidelines on service hours, including what is/is not accepted and deadlines for submitting hours.
- Not all good deeds or volunteer opportunities count toward Christian service hours, especially work done for for-profit companies or help given to friends, neighbors, or family members who are capable of doing the work themselves and are not facing a particular need, illness, disability, etc.. If you are unsure if an opportunity is truly Christian service, please check with your Theology teacher or Ms. Parks before you complete the service!

Upcoming Service Opportunities

Check MobileServe for Additional Opportunities

Miracle League Trunk or Treat - Fri. Oct. 10

Upperclassmen volunteers preferred. Email <u>wsales3@gmail.com</u> if you have questions. View available shifts/roles and <u>sign up here</u>.

Sacred Heart Parish All Saints Party - Wed. Oct. 29

Help with games, activities, and clean up at this family-friendly celebration! View shifts and sign up here.

Ongoing Service Opportunities

Christian service opportunities are frequently available with these organizations - to serve with these organizations, please **reach out to them directly**. If you choose to serve with an organization **not** on this list, please **check with your Theology teacher** or with Ms. Parks to ensure your hours will count! Remember, not all volunteering counts toward Christian service hours.

- YOUR PARISH/CHURCH! We highly encourage you to call your local parish or church and ask if they are in need of service in any way. Contact info is listed at the end of this document for Catholic churches in the area. Service at your parish or church could include:
 - Volunteering at Vacation Bible School, teaching Faith Formation, or volunteering for children's liturgy
 - Serving as a greeter, lector, Eucharistic Minister, server, cantor, musician, or tech help at Mass or worship service
 - Decorating for Advent, Lent, Christmas, Easter, etc.
 - Volunteering with your parish's Knights of Columbus council
 - Serving at your parish/church school
 - o Participating in parish food drives, gift drives, fish frys, etc.
- AGAPE Pregnancy Center
- Animal Rescue League of Iowa
- <u>Bidwell Riverside/Families Forward Services</u> Volunteers are needed daily in the Food and Clothing Pantry. Suggested volunteer shifts are 2-3 hours. Volunteers help in a variety of ways, including: welcoming families into the pantry, guiding clients through their grocery-shopping experience, stocking and facing grocery aisles, sorting and organizing donations, yard work (including mowing, raking, gardening, and maintaining flower beds). Volunteer Sign Up: <u>Adults</u> (18 and older) / <u>Youth</u> (Ages 12-18)
- <u>Big Brothers Big Sisters of Central Iowa</u>
- <u>Bishop Drumm Retirement Center</u> Bishop Drumm volunteers support the staff in providing the highest quality of life for the residents. We find responsibilities for you that

best serve your interests and our needs. Special skills and talents are always welcome (and needed), but the only thing that's truly required is the ability to smile and laugh. Volunteer for activities such as: companion/visitor, volunteer reader, craft helper, dining assistance, Mass ministries, etc.

Blank Park Zoo

- **Blood Drives:** Donate blood or volunteer. Follow donation limits according to organization guidelines. You can earn one service hour for each successful blood donation.
- <u>Book Buddy Program</u>: Sign up to spend 30 mins per week reading one-on-one to preschoolers to help them prepare for kindergarten and beyond. Commitment is from September to April. Volunteers must be 16 or older and commit to regular participation.
- Boys and Girls Club of Iowa
- Catholic Charities Des Moines
- Catholic Youth Camp Volunteer Counselor: Applications open in early January, 2025!
- <u>Central Iowa Shelter & Services</u>: Help out in the food pantry, sorting donations, serving a meal, or with special projects such as bulletin board decoration, leading group activities, etc.!
- Children and Families of Iowa
- Children & Family Urban Movement
- <u>Children with Hair Loss</u>: Make a donation of your hair to children with various health conditions. You may earn one service hour for making a hair donation.
- ChildServe
- Connection Cafe
- Courage Sports/Can Play: Reach out to feleecia@can-play.org with questions.
- Dance Without Limits: Provides a dance program in Des Moines, Iowa for children and young adults with special needs who may not otherwise have the opportunity to experience the joy of dance. We are seeking volunteers with or without dance experience, ages 12 and up, to partner with Dance Without Limits students. Each volunteer is responsible for assisting dancers with any modifications or guidance. Our staff and lead volunteers will provide training. If you would like to sign up to volunteer, please contact us via email at volunteer@dancewithoutlimits.org.
- Dance-A-Cross

- <u>Des Moines Children's Museum (non-profit)</u>: Assist with the museum's day-to-day operations, such as sanitizing toys, resetting exhibits, and possible pop-up activities. Shifts are 2 hours each. Make sure to sign up on their website!
- Des Moines Refugee Support
- DMARC Food Pantry
- <u>Dorothy's House</u>: Serves those whose lives have been interrupted by human trafficking, exploitation, and prostitution.
- Dress for Success Des Moines
- Easterseals Iowa/Camp Sunnyside: Easterseals Iowa provides exceptional services to ensure that all people with disabilities or special needs and their families have equal opportunities to live, learn, work and play in their communities.
- <u>EveryStep Care & Support Services</u>: Support the elderly and those facing challenging life situations with EveryStep. Volunteer opportunities include the senior companion program, hospice, the Giving Tree thrift store, and more.
- First Tee of Central Iowa
- Food Bank of Iowa
- <u>Freedom for Youth</u>: Freedom for Youth Ministries delivers and supports through training and curriculum after-school and summer programs to more than 500 youth across Iowa.
- Freestore
- Gardening/Produce Ministries:
 - St. Francis Gardening Angels (St. Francis of Assisi Parish)
 - Agape Garden (United Methodist Church/Our Lady's Immaculate Heart Parish)
 - <u>Faith and Grace Garden</u> (St. Timothy Episcopal Church)
 - <u>Urban Harvest Garden</u> (Urbandale/Windsor Heights)
- GiGi's Playhouse Down Syndrome Achievement Center
- Girls On the Run Iowa
- Habitat for Humanity: Participate in a home build or work at the ReStore.
- Hospitals: Contact local hospitals and inquire about volunteer opportunities.

- Iowa Catholic Radio
- Iowa Radio Reading
- <u>Iowa Donor Network</u>: Organ and tissue donation care and community awareness.
- <u>Joppa Outreach</u>: Joppa helps homeless people survive, find housing, and rebuild their lives. Opportunities for high school volunteers: sort donations, organize supplies, help with food rescue, assist Joppa staff and more.
- **Johnston Partnership**: Volunteers help sort food and clothing donations, help clients shop the food pantry, stock shelves, and clean up. Questions can be directed to carissa@johnstonpartnership.org.
- Kingdom Hoops
- Kiwanis Miracle League: Help children with special needs play baseball!
- <u>Knock and Drop Iowa</u>: Help serve the disadvantaged by gathering and delivering food to those in the community who need it. Spanish-speaking volunteers are particularly needed! For more information, contact zuli@knockanddropiowa.org.
- <u>Link Associates</u>: Link Associates provides services for up to 1,000 people each month with intellectual disabilities and their families. Email <u>gcole@linkassociates.org</u> for additional information.
- <u>Living History Farms</u>: Particularly need day camp junior counselors during the summer.
- Locks of Love: Make a donation of your hair to children with various health conditions. You may submit one service hour for making a Locks of Love donation.
- <u>Mainstream Living</u>: Mainstream Living serves individuals with various needs, including
 intellectual disabilities, brain injuries, psychiatric disabilities, and chronic illness, providing
 housing, medical, supported employment, community integration, and a variety of services
 to help members live their best life.
- Many Hands Thrift Market
- Mary's Helping Hands
- Mary's Meals Race to Feed Kids: Saturday, May 10, 2025. Participate in the race or volunteer.
- Meals from the Heartland

- Neighbors: Helping elderly neighbors can count for service hours if they are physically, mentally, emotionally, or financially unable to perform the tasks themselves. Please discuss this option with your Theology teacher before completing this kind of service, to ensure that it counts toward your hours. Verification must be given by those you are serving; a parent verification will not be accepted.
- Nursing Homes/Retirement Communities/Senior Centers: Call the facility and ask if they
 have any volunteer opportunities.
- On With Life: On With Life specializes in rehabilitation services for those with brain and spinal cord injuries and neurological conditions.
- Operation Christmas Child (Samaritan's Purse): Collection Week: Nov. 17-24, 2025. Pack
 and donate shoe boxes of gifts for children in need around the world. You may earn one
 hour per shoe box packed; max 2 boxes/hours.
- The Outreach Program: Food packaging program. Call 641-486-2551 for more information.
- Polk County Conservation
- Principal Charity Classic Golf Tournament
- <u>Pulse Life Advocates</u>: PULSE is the longest standing non-profit organization in Iowa. They are dedicated to protecting human life by informing, educating, and inspiring a new generation to value the sanctity of all human life from fertilization to natural death.
- Puppy Jake Foundation
- Race for Hope DSM: May 17, 2025. Volunteer at the race to support the National Brain Tumor Society.
- Ragbrai Dream Team
- Rebuilding Des Moines: Rebuilding Together partners with the community to rehabilitate the homes of veterans, older adults, people with disabilities, and families with dependent children.
- Ronald McDonald House
- Ruth Harbor Ministries
- Salvation Army
- <u>Sleep in Heavenly Peace:</u> This organization delivers and builds beds for kids who do not have one in our community. Use the linked website to search our area for volunteer opportunities.

- **Special Olympics**: See Mr. Smith for more information!
- St. Vincent de Paul: There is a store very near Dowling on 8th St. If you are interested in becoming a volunteer, please contact our Holly Dommer at back2work@svdpdsm.org, phone (515) 282-8327 ext. 100. Please note: Dropping off donations at St. Vincent de Paul does not count toward service hours; you must serve a volunteer shift to receive hours.
- Urbandale Food Pantry
- Valley Community Center
- West Des Moines Human Services
- <u>Wildwood Hills Ranch</u>: Wildwood Hills Ranch of Iowa exists to transform lives and strengthen communities by providing healing, hope and God's unconditional love to children and youth at risk. Volunteer at events to help serve this mission.
- Wonderfully Made Family Camp: Camp for families with children with special needs.
- YSS Youth Mental Health Services

DCHS Options:

- Athletic Team Manager See Mrs. Webb in the Athletics Office.
- Assistant Athletic Trainers Del Lark
- Hand-Tied Blankets (organized through DCHS)
- Salvation Army Egg Casseroles (organized through DCHS; more info at this link)
 - Limit of 3 service hours per donation day
- Coaching at kids' sports camps (organized by DCHS)
- Concession Stand, for a parish, Diocese, or DCHS event
- St. Joseph Fall Project See Deacon Heinrich for more info. The Fall Project for 2024 will take place on Sunday, Oct. 13 from 12:30-4 p.m. at DCHS. The service project is open to students in grades 9-12. Participants can earn up to three service hours.
- o DCHS Pancake Breakfast
- o Timing at DCHS Swim/Track Meets
- DCHS Art Club/Ofrenda/Art of Service
- <u>Various Service Clubs at DCHS</u>, including Bishop Drumm Worship and Fun, Cards for a Cause, Super Cool Service Club, People-to-People, Best Buddies, and more! Talk to the club moderators for more information.
- DCHS Primetime Mass Altar Serving, Lectors, Cantors, Set-up talk to Fr. Flood or Ms. Parks for more information.

Area Parishes and Contact Info

DES MOINES:			
All Saints	265-5001	St. Augustin	255-1175
Basilica of St, John	244-3101	St. Catherine of Siena	271-4747
Christ the King	285-2888	St. Joseph	266-2226
Holy Trinity	255-3162	St Mary of Nazareth	276-0378
Our Lady of the Americas		St. Peter Vietnamese Catholic Community	266-1160
St. Ambrose Cathedral	288-7411	St. Theresa	279-4654
St. Anthony	244-4709		
ADEL:			
St. John	993-3973		
ALTOONA:			
Ss. John & Paul	967-3796		
ANKENY:			
Our Lady's Immaculate Heart	964-3038	St. Luke the Evangelist	343-6040
CARLISLE:			
St. Elizabeth Ann Seton	989-0659		
NORWALK:			
St. John the Apostle	981-4855		
ELKHART:			
St. Mary Holy Cross	515-367-2685		
GRANGER:			
Assumption	999-2239		

INDIANOLA:			
St. Thomas Aquinas	961-3026		
PERRY:			
St. Patrick	276-2059		
URBANDALE:			
St. Pius	276-8351		
WAUKEE:			
St. Boniface	987-4597		
WEST DES MOINES:			
Sacred Heart	225-6414	St. Francis of Assisi	223-4577
WINTERSET:			
St. Joseph	462-1083		