



Frequently Asked Questions (FAQ)

What does ALMS do?

ALMS (pronounced /ä(l)mz/) is an OLA ministry created to support the school's mission to provide its students with a caring and safe learning community that imparts and promotes our Catholic faith to future generations. Through volunteer work and a stronger presence at community and Parish events, ALMS is OLA school's "do good" ministry.

Comprised of OLA students, parents, OLA faculty/teachers, OLA Church leaders, and community members, ALMS' ideals, values and goals align with the school's overall mission to:

- Encourage students to be living witnesses of Gospel values and of service to others.
- Nurture the children's unique gifts as they develop spiritually, academically, physically, and aesthetically.
- Foster students' social growth and values in order to be productive citizens in the One World.
- Support parents in their role as primary educators and recognize them as the first presenters of the Faith and good will to others to their children.
- Work alongside teachers, families, and clergy in partnership to teach self-discipline, social responsibility, and respect for life in a Catholic quality education setting.

Is ALMS like a club?

No, ALMS is strictly a community-service and life-mission based ministry.

The ministry's objectives are to support OLA's school mission by:

- Fostering a sense of community between OLA students and their parents/guardians, the Parish and the local community
- Providing an avenue for parents and students to become the stewards of OLA school's mission
- Offering easy ways for **students** and **parents/guardians** to be of service to others through social, life-mission and service-oriented volunteer opportunities



What does ALMS stand for?

ALMS stands for **A**ssumption's **L**ife-**M**ission **S**tewards. From a biblical perspective, giving alms is about donating your time, money, services, or resources to others, making our new OLA ministry name highly appropriate.

I am interested in helping, but I don't have a lot of time. What is the time commitment?

You can participate as little or as much as you want. It is really up to you. We just hope that you get your kids involved as well! Part of the purpose of this is building in them the importance of taking care of others and understanding how good it feels to give back!

Can I get parent volunteer hours for helping?

Yes, certain volunteer programs will earn parent hours. If applicable, parent hours earned will be listed in the [ALMS program opportunity](#) description. Simply report your hours each trimester.

Is ALMS just for parents/adults?

No, not at all. ALMS was primarily created to teach **OLA students** the value of service to others. Student participation is fundamental to ALMS' success.

What are the benefits for my kids? Why should my child join in?

Beyond the obvious benefits of giving back to the community, research shows that children (and people in general) can benefit from community participation and charity work in many ways, including:

- Supporting mental health: Numerous [studies](#) have shown that volunteering is good for mental health. When you do something for others, endorphins are released, which from a scientific standpoint, makes a person happier. In addition, in today's fast paced, technology-driven world, volunteering reduces loneliness and stress – all of which have a profound, positive impact on mental health.
- Making a difference: Volunteering allows children to see the direct impact their efforts have on others.



- Learning empathy: By exposing children to a wide variety of views and perspectives, children can better understand and appreciate the challenges others face.
- Developing life skills: Learning to work with others, showing up on time, and becoming a leader as needed are all potential skills learned via volunteering.
- Fostering friendships: Volunteering can help children build friendships with people who share their values and interests.

Sounds great! How can I get started?

Sign up for a current [ALMS program opportunity](#).

ALMS Quick Links

- [Frequently Asked Questions \(FAQ\)](#)
- [ALMS Community Outreach and Volunteer Opportunities](#)
- [Join the ALMS Prayer Chain Group](#)
- [ALMS Prayer Chain Request](#)
- [ALMS Meal Train Request](#)
- [School Website Link](#)
- [ALMS Student Member Reporting \(optional\)](#)

Questions? Suggestions? Email us at alms@olaventura.org