



PREP Pre-Approved Service Hours for Confirmation
(Grades 7 and 8)

The following activities are pre-approved service hours. You do not need to get an approval from the PREP office to use any of these activities towards your requirement of 20 service hours. Service hours are due by mid-January of the year you're being Confirmed.

1. Veteran Outreach – <https://www.nj.gov/military/veterans/veteran-organizationservice-offices/> (see website for details).
2. Summer PREP classes – assist catechists and office staff during summer months.
3. Sandwiches/Food/Brownies for the Needy/Homeless - Assist with making, baking, and distribution. Contact the Youth Ministry <https://www.incarnation-church.org/72>
4. “Get Well” Cards – Writing and delivering “get well” cards for those in nursing homes, hospital, home-bound, etc.
5. Ronald McDonald House – <https://www.rmhc.org/ronald-mcdonald-house> - Volunteers help with cooking, hosting, listening, and preparing local programs and events.
6. Soles 4 Souls <https://soles4souls.org/about-us/> Soles4Souls provides relief through the distribution of shoes and clothing around the world.
7. Hoagies 4 Hope – Volunteers make hoagies with all proceeds going to help South Jersey families in need. Contact the Youth Ministry <https://www.incarnation-church.org/72>
8. CHOP Blanket Making (Children's Hospital of Philadelphia) – Assist in creating and delivering blankets for children. <https://www.chop.edu/giving/get-involved>
9. Outreach Sports Program – <https://www.outreachsports.org/> - The mission of Outreach Sports is to share the Good News of Jesus Christ through sports.
10. Altar Servers (age restrictions) – Contact the PREP Office.

11. Lector/Reader (age restrictions) – Contact the PREP Office.
12. Stuffing Pillows for Breast Cancer – availability varies due to covid restrictions.
<https://www.breastcancerdiy.com/helpingothers.htm>
13. Stamp Out Hunger – Food bank of South Jersey
<https://foodbanksj.org/stampouthunger/>
14. Cozies 4 Chemo – <http://cozies4chemo.org/index.html> – A non-profit which provides hand tied fleece blankets to cancer patients throughout the United States and abroad. Availability varies due to covid; contact the website for current information.
15. Bake Sale – Contact the Youth Ministry <https://www.incarnation-church.org/72>
16. Soup and Scripture – Incarnation Church; contact the front office: 856-468-1314
17. Holiday Gift Project – Assist in creation and distribution of holiday gifts to the needy.
Contact the front office: 856-468-1314
18. Police Explorers – Volunteer/assist local police with service to public; this group regularly participates in community service
<https://www.njsp.org/division/administration/school-safety-outreach.shtml> Aids for
PREP classes during fall, spring, and/or summer (age restrictions).
19. First Reconciliation Retreats – Assist presenters; provide support with 2nd grade retreats. [Contact the PREP Office for details.](#)

Click [HERE](#) to contact the PREP office with any questions.