

PREP Pre-Approved Service Hours

The following activities are pre-approved to qualify as service hours. You do not need to get an approval from the PREP office to use these towards your requirement of at least 20 service hours. You can contact the parish office to learn more about activities held at the church; otherwise, please visit the website noted to see how you can become involved. If there's anything not on this list, please contact the PREP office. Thank you.

1. Reconciliation Retreats – Assist presenters; provide support with 2nd grade retreats.
2. Veteran Outreach – <https://www.nj.gov/military/veterans/veteran-organization-service-offices/> (see website for details)
3. K of C Breakfast – and other community-focused events. See bulletin for list of upcoming activities or visit the church home page. <https://www.incarnation-church.org/>
4. Vacation Bible School – Assist teachers with lesson plans and teaching.
5. Sandwiches/Food/Brownies for the Needy/Homeless - Assist with making, baking, and distribution.
6. “Get Well” Cards – Writing and delivering “get well” cards for those in nursing homes, hospital, home-bound, etc.
7. Ronald McDonald House – <https://www.rmhc.org/ronald-mcdonald-house> - Volunteers help with cooking, hosting, listening, and preparing local programs and events.
8. Soles 4 Souls <https://soles4souls.org/about-us/> Soles4Souls provides relief through the distribution of shoes and clothing around the world.
9. Trunk or Treat – Incarnation Church held every October.
10. Hoagies 4 Hope – Volunteers make hoagies with all proceeds going to help South Jersey families in need.
11. CHOP Blanket Making (Children's Hospital of Philadelphia) – Assist in creating and delivering blankets for children.
12. Outreach Sports Program – <https://www.outreachsports.org/> - The mission of Outreach Sports is to share the Good News of Jesus Christ through sports.
13. Altar Servers (age restrictions)
14. Choir (age restrictions – contact Jen Drees)
15. Lector/Reader (age restrictions)
16. Rosary Makers – Incarnation Church – check church bulletin for more information.
17. Stuffing Pillows for Breast Cancer – <https://www.breastcancerdiy.com/helpingothers.htm>

- 18. Stamp Out Hunger – Food bank of South Jersey
<https://foodbanksj.org/stampouthunger/>
- 19. 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.
- 20. Baking Sale – Incarnation Church Youth Ministry; held throughout the year.
- 21. Soup and Scripture – Incarnation Church
- 22. Holiday Gift Project – Assist in creation and distribution of holiday gifts to the needy.
- 23. 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>
- 24. Aids for PREP classes during fall, spring, and/or summer (age restrictions)

<p>Your PREP Team Leaders <i>We're always here to support you.</i></p>	
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