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www.ccmaine.org/mustardseed

Cultivating Communities that Care



The Mustard Seed Project

*Engaging and educating our children
in serving the vulnerable populations of Maine
through Catholic Charities.*



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Catholic Charities Maine was able to serve more than 50,000 people in Maine last year through its 20+ programs, but we cannot do it alone. Just as the parable of the mustard seed demonstrates that great things can come from humble beginnings, we believe that even small steps, made by a few, can have a lasting impact in our communities.

Inspired by scripture and the Church's social teaching, Catholic Charities empowers and strengthens individuals and families of all faiths by providing innovative community-based social services throughout Maine. If you are inspired to give more, do more, be more we invite you to join us!

Who Can Help?

Parish youth and faith formation groups, schools, and socially-conscious clubs and organizations are encouraged to learn more about our work and help us continue to provide help and create hope for Mainers in need.

How to Plant the Seed in Your Community:

If you are interested in partnering with us or if you have a new idea you'd like to share, please contact us. We can provide representatives to educate your group on our services and programs; provide tool kits for implementation and offer ongoing support throughout your *Mustard Seed Project* efforts.



How You Can Help:

There are many turnkey projects that can engage volunteers and have a true and meaningful impact upon those we serve. Some examples are included in the sidebar at right or give us a call to create a project customized to meet your parishes' interests.

Did you know? In 2015, ten parishes participated in a variety of *Mustard Seed Projects* in their community, including raising more \$1,000 for *Child and Adult Care Food Program*; making nearly 2,000 greeting cards for seniors; and collecting more 1,000 children's books to promote literacy, just to name a few!

"The Lord calls us to 'love the Lord, your God, with all your heart, with all your being, with all your strength, and with all your mind, and your neighbor as yourself.'" (Luke 10:27) Through the generous work of the children and youth participating in these Mustard Seed Projects they have lived out the second part of His commandment to 'love your neighbor as yourself.'

– Michael Smith, Parish Social Ministry

What Parishes are saying:

"Collaborating with Catholic Charities on the Refugee Welcome Kits was a meaningful way for children to be involved in a life-changing service and to recognize that even as children they play an important part in the Life and Mission of the Church."

– Amy Ford, All Saints Parish in Brunswick

What our Programs are saying:

"Donations from the Mustard Seed Project have allowed our program to provide nutrition education to child care providers and parents in the fight to end hunger and childhood obesity. We were also able to provide food assistance to needy families. We are extremely grateful for this donation; for without it, we would not have been able to help so many people."

- Sonja Carvalho, Catholic Charities Child & Adult Care Food Program



WANT TO FACILITATE A MUSTARD SEED PROJECT IN YOUR COMMUNITY?

Here are just a few ideas to get you started...

- Decorate blank greeting cards for seniors in our Independent Support Services program to send to family, friends and loved ones.
- Collect household items for our Refugee & Immigrations Services program to help newly arriving refugees who are starting a new life in Maine.
- Host a bowl-a-thon, bake sale or yard sale and donate the proceeds to one of our 25+ programs statewide.
- Hold a clothing drive for one of our five Threads of Hope Thrift Stores.
- Hold a "Souper" Bowl Collection to raise funds for the Child & Adult Care Food Program.
- Create an experiential exercise whereby children smear Vaseline on sunglasses and then perform daily living tasks to be in greater solidarity with clients in our Education Services for Blind & Visually Impaired Children program (ESBVIC). Donate the allowance for chores done to the ESBVIC program.
- Collect pull tabs and/or cans and bottles and donate the proceeds.
- Collect children's books to donate to one of our three Child Development Centers in Auburn, Biddeford or Portland.

These are just a sample of the projects parishes have participated in. We invite you to contact us to learn more and to help us create a unique *Mustard Seed Project* that best fits your parishes' interest, needs and location!