



GA 5K IT FORWARD...

a community service initiative for 2009/2010



At Guardian Angels School and Parish, we strive to teach respect, generosity & honesty, as well as promote an environment where Angels Grow. Part of GA's mission statement states:

Our school promotes the spiritual, moral, intellectual, physical, cultural, social and emotional development of each student in a value-enriched environment. It is a Catholic environment nourishing an individual's age-appropriate relationship with God and others to give meaning to life and to foster a desire to serve God and humanity.

As we strive to serve God and others, many lessons can be learned when reaching out to the broader community by giving of ourselves. The **GA 5K IT FORWARD** initiative is an outgrowth of the 5k run/walk fundraiser held in the springtime. We came up with the idea to "pay it forward" ...to truly live what our parish strives to do on a daily basis: "to reach out in service to one another, to respond generously to the poor and needy, to listen to others, to offer hospitality and friendship, and to responsibly steward our resources."

We realize the GA parents and community already participate in giving financially, physically, and emotionally. This project focuses on further involving our students in the process. The goal is to make a difference, no matter how big or small, in someone's life. Our hope is that by actively participating in this initiative the students will go beyond the 'giving' of money and also give of themselves.

How it works

Each 6th, 7th, and 8th grade religion class will receive \$100. Under the guidance of a parent coordinator, each class will determine how they want to use their money to *pay it forward*.

The attached page has many examples, ideas, and some non-profit organizations as a reference. We prefer the kids come up with ideas on their own, with the teacher and parent coordinator giving guidance when needed. With the religion teacher's permission, the parent coordinator will meet with the students as needed or desired during religion class time.

GA 5k Race Committee

Karen Veeneman
Lori Byrne
Michael Donnelly
Tim Kilfoil
Kelly Lyle
Stephen Mullin
Matt Musselman
Mary O'Toole
Ellen Sullivan
Mary Beth Sullivan
Laurie Zahumensky

Corporate Donations
Karen Veeneman
Mary Beth Sullivan

Volunteer Coordinator
Kelly Lyle

Thanks to our
Ironman Sponsor



For example, the students could use the seed money to buy supplies for cleaning up an elderly neighbor's yard, or use the money to publicize a book or diaper drive. We want our children to know there are people in the community, city, and beyond that are not as blessed as they are to have what they have. Our kids are special people with the benefit of going to a Catholic School where they learn about God and serving others. We are sure you would agree that most of our GA students rarely go without meals, they sleep in warm beds, and they have clean clothes to wear. We want them to think outside themselves to help others.

Getting Started

The parent coordinator will meet with each religion class in the next six weeks. The students have until March 1st to complete their community service project. In March, there will be a school assembly where each group will present their project to the school and community.

In Process

Members of the 5k committee will be available to answer any questions, meet with the students and/or coordinators at any time.

Sincerely,

The Heavenly Hog Jog Committee



GA 5K IT FORWARD...

a community service initiative

EXAMPLES AND IDEAS

- movie night to lonely senior citizens
- bone marrow drives to save cancer patients
- fall cleanup for elderly neighbors
- diaper, book, food, clothing, toy etc drives
- winterize homes for needy
- increase the cash with "matching donations" from corporate companies
- have a free garage sale
- help a family/person in the Enquirer's Holiday solicitation for the needy
- help in an animal shelter/blanket or towel drive
- plant trees
- cook a meal at a shelter
- stuffed animal drive for police for traumatized kids
- ice cream social/bingo for assisted living center
- senior citizens center
- paint over graffiti

ORGANIZATIONS AND WEBSITES

- American Red Cross www.redcross.org
- Bake Me Home www.bakemehome.com
- Bethany House Services - homeless and disadvantaged women & children www.bethanyhouseservices.org
- CAIN (churches active in Northside) have an Angel Shop in December (Cathy Graham contact)
- Children's Hospital
- cities of service
- City Gospel Mission in Cincinnati
- Crayons to Computers, a freestore for Cinn area teachers www.crayons2computers.org
- duffels for darlings
- Entertainment Industry Foundation - Cinn volunteer opportunities www.iparticipate.org
- Fernside
- Give Back Cincinnati www.givebackcincinnati.org
- Good Search - search engine donating \$ when you do an internet search www.search.com
- Help Others.org - dedicated to small acts of kindness www.helpothers.org
- Interparish Ministry
- Kiva - Loans that change lives-\$25 helps an African mother start a clothing business www.Kiva.org
- Lighthouse Youth Services
- matthews25ministries
- meals on wheels
- Medical Mission Ecuador-helps children in Ecuador with medical needs
- Operation Hero Miles - donate frequent flyer miles www.heromiles.org
- Our Daily Bread
- Over the Rhine Kitchen www.overtherhinekitchen.org
- Peppermint Pig Animal Shelter
- St. Vincent de Paul
- Talbert House
- Tom Geiger Guest House www.tomgeigerguesthouse.com
- Trickle Up - sponsoring microenterprises - www.trickleup.org
- Welcome House of Northern Kentucky
- World Vision - world poverty & injustice effecting children and families www.worldvisiongifts.org