



Holy Martyrs | St. Jude | St. Gregory the Great | Sacred Heart

# *Discover Your Spiritual Gifts*

Stewardship is the grateful response of a Christian disciple who recognizes and receives God's gifts and shares these gifts in love of God and neighbor.

## ***Begin in Prayer:***

*Lord, I stand in awe of the many gifts you have given me. I want to use them to serve you. Please guide and direct me in the discovery of my gifts. Help me find a place of joyful service that brings honor and glory to You.*

*God our Father, in Baptism You called me by name, as I begin this journey to discern your will for my life, help me to respond to these questions on the Spiritual Gifts Inventory.*

*Lord, as I prepare for this Spiritual Gifts Inventory, let your strength and your wisdom be my guide. May you, the author and creator of all things, enlighten me and open my mind and heart.*

*“There are different kinds of spiritual gifts but the same Spirit; there are different forms of service but the same Lord; there are different workings but the same God who produces all of them in everyone. To each individual the manifestation of the Spirit is given for some benefit.” - 1 Corinthians 12:4-11*

## About the Assessment

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Charisms, or spiritual gifts, are special abilities given to all Christians by the Holy Spirit through baptism. These gifts give us power both to represent Christ and to be a channel of God’s goodness for people. Whether extraordinary or ordinary, all charisms ought to be exercised in the service of God (Catechism of the Catholic Church, 2003).

Sadly, many of us are not aware of our gifts or abilities. These gifts are then not utilized for the Service of God, and others suffer because of it. We at the Parish of the Holy Eucharist desire our parishioners to become the best disciples of Christ that they can be. Therefore, we are highly encouraging our parishioners to take our Spiritual Gifts Inventory and consider joining a ministry based on their spiritual gifts!

This inventory will give you an introductory evaluation of your gifts and possible ministry categories for you to share your gifts in love of God and neighbor. It can help you pinpoint the best places to begin, but discerning our charisms is a process. If after taking this inventory you would like to further discern your charisms and gifts, consider contacting the parish contact person to learn more about where you might be called.

## Instructions

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It will take approximately 15 - 20 minutes to take the inventory. There are 126 questions that assess your gifts in 18 different areas. Once you have totaled your scores for each of the gifts using the self-scoring sheet, please use the Top Charism Answer Sheet along with the Charism Descriptions to discern where our parish may be the best served by your charisms.

Read each statement then rate it in terms of how true this is for you, not how you think you should behave or feel. Be as honest as possible. In most cases, your first thought on what the answer should be will be the most accurate.

# Answer Key

Name \_\_\_\_\_

Email \_\_\_\_\_

Phone Number \_\_\_\_\_

Indicate how well each statement applies to you in the box noting the question number,  
from 0 to 3, where **0 = Rarely • 1 = Occasionally • 2 = Often • 3 = Consistently**  
When you have finished, total each column.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36
	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72
	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90
	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105	106	107	108
	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125	126
TOTAL																		
	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R

# Spiritual Gifts Inventory

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1. I enjoy organizing activities and events.
2. I enjoy working with my hands.
3. I enjoy using my artistic skills.
4. People say that I am insightful.
5. I enjoy being with those who are discouraged to strengthen and reassure them.
6. I can communicate the Gospel with clarity and conviction in a positive, non threatening way.
7. I manage my finances and limit my lifestyle in order to give as much of my resources as possible to those in need.
8. I have faith in the power of God to heal others' brokenness through me.
9. I am good at providing an atmosphere in which people feel valued and cared for.
10. I feel compelled to earnestly pray on behalf of someone or some cause for extended periods of time.
11. I have knowledge that enables me to better serve the Body of Christ.
12. I am skilled at providing direction for God's people or ministry.
13. I have a strong devotion to Mary.
14. I don't hesitate to speak out in defense of my faith.
15. I prefer to work behind the scenes to support the gifts and ministries of others.
16. I can communicate biblical truth in a straightforward way that others easily understand.
17. I have a special ability to sense God's purpose in life situations and to share those insights in a simple, understandable way.
18. I live my Christian values regardless of whether anyone is watching or not.
19. I can manage people and groups effectively.
20. I have the ability to design and build things.
21. I am effective at communicating ideas to other people in innovative ways.
22. People tell me that I am a good listener.
23. I am comfortable challenging and encouraging others to trust and hope in the promises of God.
24. I seek out opportunities to talk with others about spiritual matters.
25. I regularly support the work of the Church with sacrificial gifts of my resources.
26. I am a channel of God's love to those who are physically or emotionally sick.
27. When I meet new people, I am good at making them feel welcomed.
28. I am aware of the needs of others and support them daily through prayer.
29. I enjoy spending time reading Scripture or Church documents for insight, understanding, and truth.
30. I have the ability to motivate others to reach their potential.
31. I set aside time each day to talk with God about what is on my mind and in my heart.
32. I communicate God's word in an inspired way that leads others to renewal or to return to the faith.
33. I am most comfortable performing routine or practical tasks.
34. When I talk about the teachings of the Church, I can effectively relate them to my audience.
35. I understand what is necessary to meet the needs of the Body of Christ.
36. I enjoy sharing my Christian beliefs with others.
37. I confidently make difficult decisions that affect other people.
38. I enjoy creating tangible objects for use in the church.
39. I channel my creative energies into music or art.
40. I am skilled at helping people recognize their gifts or strengths.
41. I support people who are trying to live their faith.
42. I challenge others to learn more about their faith as a way to deepen their relationship with the Lord.
43. I believe that just as God has been generous to me, so I must be generous to others.

44. I feel compelled to help the spiritually, physically, or emotionally wounded.
45. I am happiest when I am creating a safe and comfortable setting where relationships can develop.
46. I pray for the Holy Spirit to guide others.
47. I have an unusual ability to be insightful in a way that serves the church.
48. I am an “idea” person who can effectively communicate my vision to others.
49. Encountering Jesus Christ in the Eucharist is a profoundly transforming experience for me.
50. I can see truth that others often fail to see and challenge them to respond.
51. I sense God’s purpose and pleasure when I am meeting everyday responsibilities.
52. I enjoy sharing my knowledge with others.
53. I often provide divinely given solutions in the midst of conflict and confusion.
54. I see value in using my life experiences to bring others closer to God.
55. I am skilled at taking an idea from conception to completion.
56. I am skilled in working with different tools and/or using various materials, such as wood, cloth, paint, metal, etc.
57. I am creative and innovative.
58. I am effective at helping people make life choices.
59. I motivate others to grow spiritually and to live a Christian life.
60. I can adapt how I convey the Gospel message to meet an individual’s need or place on his or her faith journey.
61. I provide resources generously and cheerfully, trusting God will take care of my needs.
62. I have a special ability to be God’s means for restoring people to wholeness in mind, body, or spirit.
63. I have a gift for connecting people so that they can build enduring friendships.
64. I spend time in quiet prayer every day.
65. I enjoy organizing information for teaching and practical use.
66. I can direct groups to accomplish things for God.
67. I set aside time each day to talk with God about what is on my mind and in my heart.
68. I am not afraid to urge people to change their behavior if they are living an unchristian lifestyle.
69. I can attach spiritual value to practical service.
70. Extended times of study and reflection are an integral part of my life.
71. In certain situations I clearly hear the Spirit giving me direction.
72. Words are not necessary to convey my faith to others.
73. I deal effectively with difficult people.
74. I am considered “handy” and am able to fix things.
75. I am a talented writer.
76. I enjoy walking with people on their spiritual journey.
77. I enjoy emphasizing God’s promises and confidence in His will.
78. I seek out those who are struggling with their faith so I can expose them to the truth of the Gospel.
79. I am willing to tithe 10% of my income to further the Church’s mission of spreading the Gospel message and caring for the poor.
80. I have the ability to help others find personal balance, harmony and wholeness of body, mind, spirit, and relationship.
81. I set people at ease in unfamiliar surroundings.
82. I am convinced God moves in direct response to prayer.
83. I hunger for greater knowledge about Catholic teachings.
84. I take responsibility and establish goals for groups with which I am involved.
85. I regularly take part in the sacrament of reconciliation as way to deepen my relationship with God.

86. I have the ability to persuasively declare God's truth.
87. In my free time, I enjoy doing simple or routine tasks to help other people.
88. I have an innate ability to clearly explain and apply the Word of God.
89. I can apply spiritual truth in specific and practical ways.
90. I believe in leading by example.
91. I am a creative problem solver.
92. I enjoy fixing things around the house or the parish.
93. I enjoy finding creative new ways to do things.
94. I turn to the Holy Spirit for guidance when making big decisions.
95. I have the special ability to strengthen, comfort and urge to action those who are discouraged or wavering in their faith.
96. I have the special ability to effectively communicate the Gospel to others so that they respond in faith.
97. I cheerfully contribute money and resources to the work of the Lord.
98. Using my own life experiences, I am competent in guiding people through the grieving process.
99. I make those around me feel warmly welcomed, accepted, and comfortable.
100. I spend part of my prayer time focused on others.
101. I have a good understanding of the teachings of the Church.
102. When working in a group, I can create a vision, and then organize and motivate the group to carry it out.
103. I take time to pray before the Blessed Sacrament on a regular basis.
104. I am competent in defending my Catholic faith to others.
105. I enjoy doing the practical and necessary tasks of the parish for little or no recognition.
106. I challenge those around me to want to learn more about their faith.
107. I have the ability to explain what to do and how to do it in a way that is easy to understand.
108. My daily actions demonstrate my Christian beliefs.
109. I can make an idea happen from beginning to end.
110. I can visualize how things fit together.
111. I am energized while in the process of creating something new or different.
112. I feel a sense of peace in my daily life.
113. Whenever the opportunity arises, I strive to encourage or persuade others to live faith-filled lives.
114. I seek opportunities to help people strengthen their faith.
115. I am a good steward of the blessings God has given me.
116. I empathize with people who are suffering and work to alleviate their pain.
117. I easily see similarities between people, and facilitate their feelings of belonging and comfortable in a new group.
118. My personal prayer time includes special time to pray on behalf of others.
119. I seek opportunities to learn more about my faith, especially Scripture and Magisterial teaching.
120. I am happy when I find a way to motivate a group to accomplish a goal I have set.
121. I feel most alive when I fully participate in the liturgy.
122. I seek opportunities to appeal to people to be more attentive to God.
123. I'll do whatever I can, in any capacity, to help someone when needed.
124. People come to me with questions about Scripture or Tradition.
125. I find it easy to apply my faith to daily life.
126. The manner in which I live my life gives testament to the presence of God in my life.

# Top Charism Answers

	Charism	Total
A	<b>Administration</b>	
B	<b>Craftsmanship</b>	
C	<b>Creativity</b>	
D	<b>Discernment</b>	
E	<b>Encouragement</b>	
F	<b>Evangelism</b>	
G	<b>Giving</b>	
H	<b>Healing</b>	
I	<b>Hospitality</b>	
J	<b>Intercession</b>	
K	<b>Knowledge</b>	
L	<b>Leadership</b>	
M	<b>Piety</b>	
N	<b>Prophecy</b>	
O	<b>Service</b>	
P	<b>Teaching</b>	
Q	<b>Wisdom</b>	
R	<b>Witness</b>	



## Top Charisms

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Score What Your Gift Score Means

- 21 - 16 You are either doing ministries with this gift or you should be
- 15 - 11 You could easily do ministries with this gift if you want to
- 10 - 6 You would have to work hard to do this
- 6 - 0 You would probably not enjoy doing this



# Charism Descriptions



<b>Administration</b>	A person with this charism excels at planning, organization, and managing people, resources, and/or time. They also understand how to run an organization or group in an efficient and effective way.
<b>Craftsmanship</b>	A person with this charism is gifted at making tangible objects by hand. This could include using cloth, wood, metal, or paint in the making of their objects.
<b>Creativity</b>	A person with this charism is generally artistic, whether in writing, art, or music. They embrace their creative nature, think outside the box, and are innovative.
<b>Discernment</b>	A person with this charism listens to the movement of the Holy Spirit in their own life and the lives of others. They can assist others on their faith journey by listening, offering companionship, and recognizing the spiritual gifts and strengths of others.
<b>Encouragement</b>	A person with this charism aims to motivate others to live out the Catholic Christian Faith. Through support, they strengthen those around them as they live out the Faith.
<b>Evangelism</b>	A person with this charism lives out and shares their Faith to lead others to be closer to God. This can include sharing the truth of the Gospel in order to strengthen the Faith of those around them.
<b>Giving</b>	A person with this charism encourages others to provide for the needs of the people around them and views this to be a privilege and responsibility. By their own works, they care for the poor, share the blessings God has given them, and encourage others to do so as well.
<b>Healing</b>	A person with this charism is skilled at assisting people to be restored spiritually, emotionally, and physically. They comfort the broken and help people see God's healing grace in their life.
<b>Hospitality</b>	A person with this charism makes those around them feel welcomed and sees Christ in all, including the stranger. They help others feel a sense of belonging and help connect people together to form deep relationships.



<b>Intercession</b>	A person with this charism actively prays for others and their intentions and deeply knows that God answers prayers.
<b>Knowledge</b>	A person with this charism has a learned understanding of the Catholic Faith. They aim to use this understanding to serve God, His Church, and His people especially through teaching.
<b>Leadership</b>	A person with this charism has the ability to motivate others to complete a task, project, or vision. They provide direction and encouragement for others to use their gifts to benefit the community and those around them.
<b>Piety</b>	A person with this charism has respect for things pertaining to God and has a strong devotion to and deep love for Jesus Christ truly present in the Blessed Sacrament and to the Blessed Virgin Mary. They actively participate in the Sacramental life of the Catholic Church.
<b>Prophecy</b>	A person with this charism knows what is true and will defend it. They do not shy away from the beliefs and teachings of the Catholic Church, and they urge others to change their behaviors in order to live in right relationship with God.
<b>Service</b>	A person with this charism accomplishes tasks in order to support others. They understand the loving service we are all called to as Christ's disciples and serve others as Christ has commanded us to. They see the value in supporting the Church, the community, and those around them as the hands of Christ on earth.
<b>Teaching</b>	A person with this charism conveys the truths and teachings of the Catholic Church in a way geared to those they are teaching so that all may understand. They communicate effectively and help others apply the Catholic Faith to their lives in order to live it out.
<b>Wisdom</b>	A person with this charism has a deep understanding of truth and how to apply it to situations. They respond to problems for various situations in a very intentional way.
<b>Witness</b>	A person with this charism is an example of the Catholic Christian life in word and deed. They reflect the teachings and beliefs of the Faith in their own lives.

# Spiritual Charisms and Ministry Parings

## ADMINISTRATION

**“Chairing” a Ministry or Committee:** Lead one of the Parish’s ministries or committees through organization, planning, coordination, and management.

**Children’s Liturgy of the Word (CLOW):** Teach children in the Parish the Catholic Faith at their own level and coordinate volunteers for this ministry. This ministry takes place on Sundays.

**Food Drives:** Plan, organize, and manage a food drive at one of the Churches. Most food drives take place around major holidays.

**Fund Raising:** Help the Parish’s financial status by devising and executing plans for raising funds.

**Pastoral Council:** This council is made up of parishioners from each Church who stay up to date on everything happening in the Parish and make helpful suggestions to the pastor when consulted.

**Finance Council:** This council is made up of parishioners from each Church who help access the Parish’s financial status and make helpful suggestions to the pastor when consulted.

**Usher:** Greet and welcome people at the door of the Church, coordinate the collection and gift bearers, and give out bulletins.

**Parish Events:** Help the Parish with planning, organizing, and executing events. Events include St. Valentine’s Day Ball, Clam Festival, Parish Picnic, Advent Fair, Lessons and Carols, and Christmas Pageant.

**Senior Luncheons:** Coordinate senior luncheons, including who is bringing food and what they are bringing or help with setting up and cleaning up. This gathering occurs on the third Thursday of the month at Sacred Heart Church.

**Volunteer at the Office Front Desk:** Help greet and direct visitors and phone calls, and organize schedules at the Parish office.

**Eucharistic Adoration Captain:** Recruit, coordinate, and organize volunteers for various times of adoration in the Parish.

**Vacation Bible Camp:** Help prepare and/or lead decorations, activities, snacks, games, and more for the children of the Parish in the summer.

**Welcoming New Parishioners:** When new parishioners register, send them a “welcome” packet and connect them with the chairs of the activities they are interested in and any necessary staff members.

**Wedding Coordinator:** Coordinate weddings, including rehearsals and decorations, in the Parish. Serve as a contact person for questions and assistance during the process.

**Knights of Columbus:** A brotherhood of Catholic men who play a part in improving the world, one community at a time, and who are dedicated to serving God and neighbor.

# CRAFTSMANSHIP

**Liturgical Environment:** Assist in properly decorating the Churches for each Liturgical Season as to bring people to a deeper Faith through their senses.

**Altar Linen Care:** Assist in properly taking care of the cassocks, linens, and vestments used at Holy Mass. This includes washing, drying, ironing, and folding.

**Parish Events:** Help the Parish with planning, organizing, and executing events. Events include St. Valentine's Day Ball, Parish Picnic, Advent Fair, Sparkle Parade, and Christmas Pageant.

**Volunteering at the Parish Office:** Assist with various projects in the Parish office, including planning and execution.

**Landscaping:** Assist in making our Church grounds beautiful year-round through outdoor work.

**Vacation Bible Camp:** Help prepare and/or lead decorations, activities, snacks, games, and more for the children of the Parish in the summer.

**Sanctuary Candle Making:** Assist with making sanctuary candles to burn in our Churches.

# CREATIVITY

**Choirs and Scholas:** Praise God and serve the Parish through singing in our Parish's choirs and scholas.

**Catechesis of the Good Shepherd Catechist:** Assist in teaching children ages 3-6 in our Parish through a Montessori style catechesis. Classes meet twice a month on Sundays.

**FIRE Catechist:** Assist in teaching school-age children in our Parish about God, the Catholic Church, prayer, and more. FIRE stands for Families in Religious Education, which leads every family member to a deeper understanding and Faith. Classes meet monthly on Sundays during the school year.

**Graphic Design:** Assist in designing images and visuals for the Parish's use in advertising and communications.

**Liturgical Environment:** Assist in properly decorating the Churches for each Liturgical Season as to bring people to a deeper Faith through their senses.

**Livestream:** Assist in broadcasting Holy Masses at the Parish. This includes running the video recording system during Holy Mass and editing the videos. Livestreaming and videography for the Parish is especially helpful for our homebound parishioners.

**Fund Raising:** Help the Parish's financial status by devising and executing plans for raising funds.

**Landscaping:** Assist in making our Church grounds beautiful year-round through outdoor work.

**Photography:** Use your creative skill to take photos of our Churches and events for use in communications and advertising.

**Pro-Life Ministry:** Witness to the sanctity of human life through this ministry, including prayer, events, and support.

**Social Media:** Contribute to the Parish's social media platforms, including Facebook and YouTube, with videos and images.

**Vacation Bible Camp:** Help prepare and/or lead decorations, activities, snacks, games, and more for the children of the Parish in the summer.

**Children's Liturgy of the Word (CLOW):** Teach children in the Parish the Catholic Faith at their own level and coordinate volunteers for this ministry. This ministry takes place on Sundays.

**Parish Events:** Help the Parish with planning, organizing, and executing events. Events include St. Valentine's Day Ball, Christmas Pageant, Sparkle Parade, Advent Fair, and the Parish Picnic.

**Making Music, Praying Twice:** A rich and faith-filled program for families that uses music and simple Catholic prayers and concepts to grow in the Faith while having fun.

**Sanctuary Candle Making:** Assist with making sanctuary candles to burn in our Churches.

# DISCERNMENT

**ACTS Ministry:** A ministry for Catholics to grow the parish community and grow in personal devotion through adoration, community, theology, and service.

**Small Group Facilitator:** Lead a group of parishioners through a book, lesson, or topic, along with discussion and fellowship.

**Children's Liturgy of the Word (CLOW):** Teach children in the Parish the Catholic Faith at their own level and coordinate volunteers for this ministry. This ministry takes place on Sundays.

**Extraordinary Minister of Holy Communion:** Assist the clergy, who are the ordinary ministers of Holy Communion, in distributing Holy Communion to the laity during Holy Mass or bringing Holy Communion to the homebound.

**OCIA or OCIC Sponsor:** Support an adult or child who is coming into full communion with the Catholic Church through conversation, prayers, and witness.

**Friends in Faith:** Share faith and fellowship with parishioners through this group. This group meets weekly.

**Centering Prayer:** Deepen your faith in God's abiding presence through this weekly group that includes prayer, silence, spiritual reading, and discussion.

**FIRE Catechist:** Assist in teaching school-age children in our Parish about God, the Catholic Church, prayer, and more. FIRE stands for Families in Religious Education, which leads every family member to a deeper understanding and Faith. Classes meet monthly on Sundays during the school year.

**Catechesis of the Good Shepherd Catechist:** Assist in teaching children ages 3-6 in our Parish through a Montessori style catechesis. Classes meet twice a month on Sundays.

**That Man is You:** Join this Men's Faith Formation group, especially for husbands and fathers.

**Opus Dei:** Join this group that endeavors to help people find God in their everyday lives. This group is a personal Prelature of the Catholic Church.

**St. Monica Club:** Join this prayer group for women praying for the conversion of their families.

**Natural Family Planning:** Learn and teach about this safe and effective way to help a couple determine when pregnancy is possible. This is not used for contraception, rather, it fosters authentic marital love, respect, honesty, and communication along with trust in God.

**Chalice Program:** As a family, take home a chalice to display in your home for one week and pray together for the priests and seminarians in the Diocese of Portland as you read about one of our local priest heroes.

# ENCOURAGEMENT

**Small Group Facilitator:** Lead a group of parishioners through a book, lesson, or topic, along with discussion and fellowship.

**Grief Group:** Comfort, assist, and strengthen those who are grieving through two meetings each month.

**Opus Dei:** Join this group that endeavors to help people find God in their everyday lives. This group is a personal Prelature of the Catholic Church.

**That Man is You:** Join this Men's Faith Formation group, especially for husbands and fathers.

**Friends in Faith:** Share faith and fellowship with parishioners through this group. This group meets weekly.

**St. Monica Club:** Join this prayer group for women praying for the conversion of their families.

**Centering Prayer:** Deepen your faith in God's abiding presence through this weekly group that includes prayer, silence, spiritual reading, and discussion.

**Wedding Coordinator:** Coordinate weddings, including rehearsals and decorations, in the Parish. Serve as a contact person for questions and assistance during the planning process.

**Pro-Life Ministry:** Witness to the sanctity of human life through this ministry, including prayer, events, and support.

**OCIA or OCIC Sponsor:** Support an adult or child who is coming into full communion with the Catholic Church through conversation, prayers, and witness.

**FIRE Catechist:** Assist in teaching school-age children in our Parish about God, the Catholic Church, prayer, and more. FIRE stands for Families in Religious Education, which leads every family member to a deeper understanding and Faith. Classes meet monthly on Sundays during the school year.

**Catechesis of the Good Shepherd Catechist:** Assist in teaching children ages 3-6 in our Parish through a Montessori style catechesis. Classes meet twice a month on Sundays.

**Extraordinary Minister of Holy Communion to the Homebound:** Assist the clergy, who are the ordinary ministers of Holy Communion, in bringing Holy Communion to the homebound.

**Chalice Program:** As a family, take home a chalice to display in your home for one week and pray together for the priests and seminarians in the Diocese of Portland as you read about one of our local priest heroes.

**Homeschool Play Group:** A gathering of Catholic homeschooling families for socialization and fun. This group meets on the first and third Tuesdays of the month.

**Social Justice and Peace Commission:** Serve those suffering from poverty, hunger, or injustice in our community.

**Funeral Anniversary Cards:** Send a card to the family for the one-year anniversary of the loss of their loved one.

# EVANGELISM

**Children's Liturgy of the Word (CLOW):** Teach children in the Parish the Catholic Faith at their own level and coordinate volunteers for this ministry. This ministry takes place on Sundays.

**Pastoral Council:** This council is made up of parishioners from each church who stay up to date on everything happening in the Parish and make helpful suggestions to the pastor when consulted.

**Finance Council:** This council is made up of parishioners from each church who help access the Parish's financial status and make helpful suggestions to the pastor when consulted.

**"Chairing" a Group or Committee:** Lead one of the Parish's ministries or committees through organization, planning, coordination, and management.

**FIRE Catechist:** Assist in teaching school-age children in our Parish about God, the Catholic Church, prayer, and more. FIRE stands for Families in Religious Education, which leads every family member to a deeper understanding and Faith. Classes meet monthly on Sundays during the school year.

**Catechesis of the Good Shepherd Catechist:** Assist in teaching children ages 3-6 in our Parish through a Montessori style catechesis. Classes meet twice a month on Sundays.

**Grief Group:** Comfort, assist, and strengthen those who are grieving through two meetings each month.

**Wedding Coordinator:** Coordinate weddings, including rehearsals and decorations, in the Parish. Serve as a contact person for questions and assistance during the planning process.

**Natural Family Planning:** Learn and teach about this safe and effective way to help a couple determine when sexual intercourse can and cannot result in pregnancy. This is not used for contraception, rather, it fosters authentic marital love, respect, honesty, and communication along with trust in God.

**Parish Library:** Organize and update our Parish's book library.

**Pro-Life Ministry:** Witness to the sanctity of human life through this ministry, including prayer, events, and support.

**OCIA or OCIC Sponsor:** Support an adult or child who is coming into full communion with the Catholic Church through conversation, prayers, and witness.

**Lector:** Proclaim the word of God at Holy Mass.

**Extraordinary Minister of Holy Communion:** Assist the clergy, who are the ordinary ministers of Holy Communion, in distributing Holy Communion to the laity during Holy Mass or bringing Holy Communion to the homebound.

**Making Music, Praying Twice:** A rich and faith-filled program for families that uses music and simple Catholic prayers and concepts to grow in the Faith while having fun.



# GIVING

**Giving Trees:** Assist with the giving trees at each church in the Parish during the Christmas season. Donations go to those in our local community who are in need.

**Food Drives:** Plan, organize, and manage a food drive at one of the Churches. Most food drives take place around major holidays.

**Visiting the Homebound:** Visit those in our Parish who are unable to physically come to Holy Mass or the church for prayer. Talk and pray with them while keeping them company.

**Haiti Ministry:** Serve our Parish's sister church in Haiti through fundraising and promotion.

**St. Vincent de Paul:** Help pick up, sort, and drop off clothing donations for the St. Vincent de Paul soup kitchen.

**Extraordinary Minister of Holy Communion:** Assist the clergy, who are the ordinary ministers of Holy Communion, in distributing Holy Communion to the laity during Holy Mass or bringing Holy Communion to the homebound.

**Friendship House:** Assist in providing food for men recovering from substance abuse through donating food or through delivering donations. Donations are accepted on the fourth Monday and Tuesday of the month. On the fourth Tuesday of the month, the donations are transported from Holy Martyrs Church to the Friendship House by a volunteer.

**Social Justice and Peace Commission:** Serve those suffering from poverty, hunger, or injustice in our community.

# HEALING

**Grief Group:** Comfort, assist, and strengthen those who are grieving through two meetings each month.

**Extraordinary Minister of Holy Communion:** Assist the clergy, who are the ordinary ministers of Holy Communion, in distributing Holy Communion to the laity during Holy Mass or bringing Holy Communion to the homebound.

**Visiting the Homebound:** Visit those in our Parish who are unable to physically come to Holy Mass or pray at the church. Talk and pray with them while keeping them company.

**Pro-Life Ministry:** Witness to the sanctity of human life through this ministry, including prayer, events, and support.

**Food Drives:** Plan, organize, and manage a food drive at one of the Churches. Most food drives take place around major holidays.

**Social Justice and Peace Commission:** Serve those suffering from poverty, hunger, or injustice in our community.

**Funeral Anniversary Cards:** Send a card to the family for the one-year anniversary of the loss of their loved one.

# HOSPITALITY

**Centering Prayer:** Deepen your faith in God's abiding presence through this weekly group that includes prayer, silence, spiritual reading, and discussion.

**Friends in Faith:** Share faith and fellowship with parishioners through this group. This group meets weekly.

**Usher:** Greet and welcome people at the door of the church, coordinate the collection and gift bearers, and give out bulletins.

**Extraordinary Minister of Holy Communion:** Assist the clergy, who are the ordinary ministers of Holy Communion, in distributing Holy Communion to the laity during Holy Mass or to the homebound.

**Senior Luncheon:** Coordinate senior luncheons, including who is bringing food and what they are bringing or help with setting up and cleaning up. This gathering occurs on the third Thursday of the month at Sacred Heart Church.

**Parish Events:** Help the Parish with welcoming guests to our parish events. Events include St. Valentine's Day Ball, Advent Fair, and Lessons and Carols.

**Welcoming New Parishioners:** When new parishioners register, send them a "welcome" packet and connect them with the chairs of the activities they are interested in and any necessary staff members.

**Sunday Coffee and Donuts:** Coordinate, organize, set up, and clean up for Sunday's fellowship after Holy Mass.

**FIRE Breakfast:** Set up, clean up, and help cook breakfast for the Faith Formation families attending FIRE one Sunday a month during the school year at Holy Martyrs.

**Vacation Bible Camp:** Help prepare and/or lead decorations, activities, snacks, games, and more for the children of the Parish in the summer.

**Volunteering at the Office Front Desk:** Help greet and direct visitors and phone calls, and organize schedules at the Parish office.

**Wedding Coordinator:** Coordinate weddings, including rehearsals and decorations, in the Parish. Serve as a contact person for questions and assistance during the planning process.

**Funeral Anniversary Cards:** Send a card to the family for the one-year anniversary of the loss of their loved one.

# INTERCESSION

**St. Monica's Club:** Join this prayer group for women praying for the conversion of their families.

**Centering Prayer:** Deepen your faith in God's abiding presence through this weekly group that includes prayer, silence, spiritual reading, and discussion.

**Friends in Faith:** Share faith and fellowship with parishioners through this group. This group meets weekly.

**Divine Mercy Chaplet:** Pray the Divine Mercy Chaplet which calls upon the Father's mercy through the sacrifice of His Son, Christ Jesus.

**Eucharistic Adoration Guardian:** Sign up for a timeframe of adoration to be the guardian of Our Lord, Who is exposed in the Blessed Sacrament. This is a great time for prayer as well.

**Eucharistic Adoration Captain:** Recruit, coordinate, and organize volunteers for various times of adoration in the Parish.

**Pray Daily for the Needs of our Parish and Parish Community:** Intentionally pray for the POTHE Parish and community daily.

**The Most Holy Rosary of the Blessed Virgin Mary:** Pray this common Catholic devotion of reflecting on the life of Our Blessed Mother and Our Blessed Lord, and praying through Mary's intercession for our intentions.

**Pro-Life Ministry:** Witness to the sanctity of human life through this ministry, including prayer, events, and support.

**Chalice Program:** As a family, take home a chalice to display in your home for one week and pray together for the priests and seminarians in the Diocese of Portland as you read about one of our local priest heroes.

# KNOWLEDGE

**Children's Liturgy of the Word (CLOW):** Teach children in the Parish the Catholic Faith at their own level and coordinate volunteers for this ministry. This ministry takes place on Sundays.

**Pre-Cana:** Support couples who are preparing to enter into the Sacrament of Matrimony at our Parish through prayer, teaching, guidance, and encouragement.

**OCIA or OCIC Sponsor:** Support an adult or child who is coming into full communion with the Catholic Church through conversation, prayers, and witness.

**Pro-Life Ministry:** Witness to the sanctity of human life through this ministry, including prayer, events, and support.

**The Oratory:** Assist with this faith formation program for middle school and high school students in the Parish. This group meets twice a month during the school year.

**FIRE Catechist:** Assist in teaching school-age children in our Parish about God, the Catholic Church, prayer, and more. FIRE stands for Families in Religious Education, which leads every family member to a deeper understanding and Faith. Classes meet monthly on Sundays during the school year.

**Catechesis of the Good Shepherd Catechist:** Assist in teaching children ages 3-6 in our Parish through a Montessori style catechesis. Classes meet twice a month on Sundays.

# LEADERSHIP

**Fund Raising:** Help the Parish's financial status by devising and executing plans for raising funds.

**"Chair" a Parish Ministry:** Lead one of POTHE's ministries or committees through organization, planning, and management.

**Vacation Bible Camp:** Help prepare and/or lead decorations, activities, snacks, games, and more for the children of the Parish in the summer.

**Wedding Coordinator:** Coordinate weddings, including rehearsals and decorations, in the Parish. Serve as a contact person for questions and assistance during the planning process.

**FIRE Catechist:** Assist in teaching school-age children in our Parish about God, the Catholic Church, prayer, and more. FIRE stands for Families in Religious Education, which leads every family member to a deeper understanding and Faith. Classes meet monthly on Sundays during the school year.

**Catechesis of the Good Shepherd Catechist:** Assist in teaching children ages 3-6 in our Parish through a Montessori style catechesis. Classes meet twice a month on Sundays.

**The Oratory:** Assist with this faith formation program for middle school and high school students in the Parish. This group meets twice a month during the school year.

**Eucharistic Adoration Captain:** Recruit, coordinate, and organize volunteers for various times of adoration in the Parish.

# PIETY

**Altar Serving:** Assist the priest at Holy Mass by serving at the altar.

**Friends in Faith:** Share faith and fellowship with parishioners through this group. This group meets weekly.

**Sacristan:** Assist in setting up for Holy Mass and cleaning up after Holy Mass. This ministry is an honor as it is very closely connected with the Holy Sacrifice.

**Centering Prayer:** Deepen your faith in God's abiding presence through this weekly group that includes prayer, silence, spiritual reading, and discussion.

**Liturgical Environment:** Assist in properly decorating the Churches for each Liturgical Season as to bring people to a deeper Faith through their senses.

**Children's Liturgy of the Word (CLOW):** Teach children in the Parish the Catholic Faith at their own level and coordinate volunteers for this ministry. This ministry takes place on Sundays.

**Lector:** Proclaim the word of God at Holy Mass.

**Extraordinary Minister of Holy Communion:** Assist the clergy, who are the ordinary ministers of Holy Communion, in distributing Holy Communion to the laity during Holy Mass or bringing Holy Communion to the homebound.

**Divine Mercy Chaplet:** Pray the Divine Mercy Chaplet which calls upon the Father's mercy through the sacrifice of His Son, Christ Jesus.

**The Most Holy Rosary of the Blessed Virgin Mary:** Pray this common Catholic devotion of reflecting on the life of Our Blessed Mother and Our Blessed Lord, and praying through Mary's intercession for our intentions.

**Eucharistic Adoration Guardian:** Sign up for a timeframe of adoration to be the guardian of Our Lord, Who is exposed in the Blessed Sacrament. This is a great time for prayer as well.



# PROPHECY

**FIRE Catechist:** Assist in teaching school-age children in our Parish about God, the Catholic Church, prayer, and more. FIRE stands for Families in Religious Education, which leads every family member to a deeper understanding and Faith. Classes meet monthly on Sundays during the school year.

**Catechesis of the Good Shepherd Catechist:** Assist in teaching children ages 3-6 in our Parish through a Montessori style catechesis. Classes meet twice a month on Sundays.

**The Oratory:** Assist with this faith formation program for middle school and high school students in the Parish. This group meets twice a month during the school year.

**Retreats:** Assist with preparing for and hosting retreats for all age groups at the Parish.

**OCIA or OCIC Sponsor:** Support an adult or child who is coming into full communion with the Catholic Church through conversation, prayers, and witness.

**Pre-Cana:** Support couples who are preparing to enter into the Sacrament of Matrimony at our Parish through prayer, teaching, guidance, and encouragement.

**Pro-Life Ministry:** Witness to the sanctity of human life through this ministry, including prayer, events, and support.

# SERVICE

**FIRE Catechist:** Assist in teaching school-age children in our Parish about God, the Catholic Church, prayer, and more. FIRE stands for Families in Religious Education, which leads every family member to a deeper understanding and Faith. Classes meet monthly on Sundays during the school year.

**Catechesis of the Good Shepherd Catechist:** Assist in teaching children ages 3-6 in our Parish through a Montessori style catechesis. Classes meet twice a month on Sundays.

**The Oratory:** Assist with this faith formation program for middle school and high school students in the Parish. This group meets twice a month during the school year.

**Liturgical Environment:** Assist in properly decorating the Churches for each Liturgical Season as to bring people to a deeper Faith through their senses.

**Livestream:** Assist in broadcasting Holy Masses at the Parish. This includes running the video recording system during Holy Mass and editing the videos. Livestreaming and videography for the Parish is especially helpful for our homebound parishioners.

**Haiti Ministry:** Serve our Parish's sister church in Haiti through fundraising and promotion.

**Landscaping:** Assist in making our Parish grounds beautiful year-round through outdoor work.

**Rosary Making:** Make rosaries for parishioners and guests to use to pray with.

**Parish Library:** Organize and update our Parish's book library.

**Pro-Life Ministry:** Witness to the sanctity of human life through this ministry, including prayer, events, and support.

**Parish Events:** Help the Parish with setting up and cleaning up events. Events include St. Valentine's Day Ball, Lessons and Carols, Clam Festival, Advent Fair, and the Parish Picnic.

**Vacation Bible Camp:** Help prepare and/or lead decorations, activities, snacks, games, and more for the children of the Parish in the summer.

**Wedding Coordinator:** Coordinate weddings, including rehearsals and decorations, in the Parish. Serve as a contact person for questions and assistance during the planning process.

**Food Drives:** Plan, organize, and manage a food drive at one of the Churches. Most food drives take place around Christmas and Easter.

**Altar Serving:** Assist the priest at Holy Mass by serving at the altar.

**Sacristan:** Assist in setting up for Holy Mass and cleaning up after Holy Mass. This ministry is an honor as it is very closely connected with the Holy Sacrifice.

**Usher:** Greet and welcome people at the door of the church, coordinate the collection and gift bearers, and give out bulletins.

**Social Justice and Peace Commission:** Serve those suffering from poverty, hunger, or injustice in our community.

**Funeral Anniversary Cards:** Send a card to the family for the one-year anniversary of the loss of their loved one.

**Sanctuary Candle Making:** Assist with making sanctuary candles to burn in our Churches.

# TEACHING

**FIRE Catechist:** Assist in teaching school-age children in our Parish about God, the Catholic Church, prayer, and more. FIRE stands for Families in Religious Education, which leads every family member to a deeper understanding and Faith. Classes meet monthly on Sundays during the school year.

**Catechesis of the Good Shepherd Catechist:** Assist in teaching children ages 3-6 in our Parish through a Montessori style catechesis. Classes meet twice a month on Sundays.

**The Oratory:** Assist with this faith formation program for middle school and high school students in the Parish. This group meets twice a month during the school year.

**Children's Liturgy of the Word (CLOW):** Teach children in the Parish the Catholic Faith at their own level and coordinate volunteers for this ministry. This ministry takes place on Sundays.

**Lector:** Proclaim the word of God at Holy Mass.

**Natural Family Planning:** Learn and teach about this safe and effective way to help a couple determine when sexual intercourse can and cannot result in pregnancy. This is not used for contraception, rather it fosters authentic marital love, respect, honesty, and communication along with trust in God.

**Pre-Cana:** Support couples who are preparing to enter into the Sacrament of Matrimony at our Parish through prayer, teaching, guidance, and encouragement.

**Pro-Life Ministry:** Witness to the sanctity of human life through this ministry, including prayer, events, and support.

**OCIA or OCIC Sponsor:** Support an adult or child who is coming into full communion with the Catholic Church through conversation, prayers, and witness.

**Vacation Bible Camp:** Help prepare and/or lead decorations, activities, snacks, games, and more for the children of the Parish in the summer.

**Sacramental Preparation:** Assist with teaching and supporting the children in our Parish who are preparing to receive the Sacraments of First Holy Communion and Confirmation.

# WISDOM

**Friends in Faith:** Share faith and fellowship with parishioners through this group. This group meets weekly.

**Centering Prayer:** Deepen your faith in God's abiding presence through this weekly group that includes prayer, silence, spiritual reading, and discussion.

**Grief Group:** Comfort, assist, and strengthen those who are grieving through two meetings each month.

**Pre-Cana:** Support couples who are preparing to enter into the Sacrament of Matrimony at our Parish through prayer, teaching, guidance, and encouragement.

**Lector:** Proclaim the word of God at Holy Mass.

# WITNESS

**Lector:** Proclaim the word of God at Holy Mass.

**Usher:** Greet and welcome people at the door of the church, coordinate the collection and gift bearers, and give out bulletins.

**Altar Serving:** Assist the priest at Holy Mass by serving at the altar.

**Extraordinary Minister of Holy Communion:** Assist the clergy, who are the ordinary ministers of Holy Communion, in distributing Holy Communion to the laity during Holy Mass or to the homebound.

**Visiting the Homebound:** Visit those in our Parish who are unable to physically come to Holy Mass or the church. Talk and pray with them while keeping them company.

**Natural Family Planning:** Learn and teach about this safe and effective way to help a couple determine when sexual intercourse can and cannot result in pregnancy. This is not used for contraception, rather it fosters authentic marital love, respect, honesty, and communication along with trust in God.

**Pro-Life Ministry:** Witness to the sanctity of human life through this ministry, including prayer, events, and support.

**Food Drives:** Plan, organize, and manage a food drive at one of the Churches. Most food drives take place around major holidays.

**Letter Writing Officials:** Write to local, state, and federal officials about political issues that the Catholic Church has teachings about. In writing these letters, you can help move the hearts of those in office, and pray for them to listen to the movements of the Holy Spirit.

**Making Music, Praying Twice:** A rich and faith-filled program for families that uses music and simple Catholic prayers and concepts to grow in the Faith while having fun.

**Social Justice and Peace Commission:** Serve those suffering from poverty, hunger, or injustice in our community.

# Ministry Contacts

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## *Facilities*

- Landscaping – Steve Tuttle

## *Faith Formation*

- Chalice Program – Joseph Morehead
- Catechesis of the Good Shepherd Catechist – Kate Scott
- Children's Liturgy of the Word (CLOW) – Kalee Gwarjanski
- FIRE Breakfast – Kim Lovett
- FIRE Catechist – Joseph Moreshead
- The Oratory – Joseph Moreshead
- Parish Library – Joseph Moreshead
- Sacramental Preparation – Kim Lovett

## *Liturgical Ministry*

- Altar Linen Care - Regina des Rosiers
- Altar serving – Joseph Moreshead
- Eucharistic Adoration Captain - Regina des Rosiers
- Eucharistic Adoration Guardian - Regina des Rosiers
- Extraordinary Minister of Holy Communion - Regina des Rosiers
- Liturgical Environment - Regina des Rosiers
- Lector - Regina des Rosiers
- Sacristan - Regina des Rosiers
- Usher – Regina des Rosiers
- Visiting the Homebound - Regina des Rosiers

## *Marriage and Family Life*

- Homeschool Play Group – Kalee Gwarjanski
- Natural Family Planning – Kalee Gwarjanski

## *Music*

- Choirs and Scholas – Jennifer Runge
- Making Music, Praying Twice – Jennifer Runge

## *Outreach and Pastoral Care*

- Bereavement Group – Gretchen

- Food Drives – Regina des Rosiers
- Friendship House – Regina des Rosiers
- Funeral Anniversary Cards – Kim Lovett
- Giving Trees – Regina des Rosiers
- Haiti Ministry – Regina des Rosiers
- Letter Writing Officials
- Pro-Life Ministry – Regina des Rosiers
- Social Justice Commission – Terrie Casavant
- St. Vincent de Paul – Regina des Rosiers

#### *Parish Events*

- Parish Picnic, Advent Fair, and Lessons and Carols – Kim Lovett
- Senior Luncheons – Kim Lovett
- St. Valentine’s Day Ball, Christmas Pageant, and Sparkle Parade – Kalee Gwarjanski
- Vacation Bible Camp – Kim Lovett
- Yarmouth Clam Festival – the Main Office
- Any other events or event ideas – the Main Office

#### *Parish Life*

- ACTS Ministry – Kim Lovett
- “Charing” a Ministry or Committee – Regina des Rosiers
- Finance Council – Fr. Steven Cartwright
- Fundraising – Fr. Steven Cartwright
- Knights of Columbus – Dennis Carraway
- Pastoral Council – Fr. Steven Cartwright
- Photography – Joyce Hale
- Sunday Coffee and Donuts – Regina des Rosiers
- Welcoming New Parishioners – Regina des Rosiers

#### *Parish Office*

- Volunteer at the Office Front Desk – Joyce Hale
- Volunteering at the Parish Office – Joyce Hale

#### *Prayer*

- Divine Mercy Chaplet – Regina des Rosiers
- Eucharistic Adoration Captain – Regina des Rosiers
- Eucharistic Adoration Guardian – Regina des Rosiers
- The Most Holy Rosary of the Blessed Virgin Mary – Regina des Rosiers
- Pray Daily of the Needs of our Parish and Parish Community



### *Prayer Groups*

- Candle Making – Kate Scott
- Centering Prayer – Kara Salvadore
- Friends in Faith – Kim Lovett
- Opus Dei – Regina des Rosiers
- Small Group Facilitator – Kim Lovett
- St. Monica Club – Lisa Agren
- That Man is You – Dave Daniels

### *Sacraments*

- OCIA or OCIC Sponsor – Kim Lovett
- Pre-Cana – Fr. Steven Cartwright
- Wedding Coordinator – Regina des Rosiers

### *Technology*

- Graphic Design - Joyce Hale
- Livestream - Joyce Hale
- Social Media - Joyce Hale

Please note: VIRTUS training and background checks are necessary to be completed before volunteering in the Parish. Some ministries may require training by a staff member.

# Contact Information

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Dave Daniels – pothe@portlanddiocese.org

Dennis Caraway – dennis.carraway.koc@gmail.com

Fr. Steven Cartwright: set up a meeting at <https://calendly.com/fathercartwright>

Gretchen – 508-935-6395

Jennifer Runge – pothe.music@portlanddiocese.org or 207-847-6884

Joseph Moreshead – pothe.faithformation@portlanddiocese.org or 207-847-6885

Joyce Hale – pothe@portlanddiocese.org or 207-553-9075

Kalee Gwarjanski – kalee.gwarjanski@portlanddiocese.org

Kara Salvadore – pothe@portlanddiocese.org

Kate Scott – kate.scott@portlanddiocese.org

Kim Lovett – kim.lovett@portlanddiocese.org or 207-553-7042

Lisa Agren - lisaagren1@outlook.com or 207-847-8212

Main Office – pothe@portlanddiocese.org or 207-847-6890

Regina des Rosiers – pothe.liturgy@portlanddiocese.org or 207-847-6890

Steve Tuttle – pothe.facilities@portlanddiocese.org or 207-553-7159

Terrie Casavant – 207-847-6877

Portions of this packet have been adapted from the  
*Spiritual Gifts Assessment* from Our Lady of Mount  
Carmel Catholic Church and School in Carmel, Indiana  
found at [olmcl.org/gifts-assessment](http://olmcl.org/gifts-assessment).