



Fraser Welsford
St Pius X School – Grade 4
Winning Essay in the Elementary Division

The Heart and Hands of Jesus

During life, especially during the season of Lent, you can be the heart and hands of Jesus in your daily workings. For example: you walk into a lunchroom, walking to a table that's crowded with friends. At another, you see a boy all alone with no one to talk to. You could grow Jesus' heart and hands by walking to the boy all alone. **You could make friends with HIM too.**

If you saw a school bully loitering around a building, and he trips someone without anyone noticing, what would YOU do? You could walk up to the bully and comment to him, (shame on ANYONE who does that), OR you could pick the person up, and guard him for awhile. **Yet AGAIN, you can grow Jesus' heart and hands.**

Here's another: you walk down a busy street. You have \$5 in your pocket. To the right, you see a sign: ROCK CLIMBING: ADMISSION IS FREE! At the left, you see: PLEASE GIVE MONEY TO MOSES CONE HOSPITAL. YOU CAN PAY UP TO \$5. Which building would you walk to first? You could give stewardship of time and treasure by walking to the sign on the left first. You can then walk to the sign on the right.

Altar serving is another excellent gift to give. If you go to a local church that allows altar serving: SIGN UP! **You can always grow JESUS' heart and hands everyday.**
Remember: what could Jesus do?

