



Society of  
**ST. VINCENT DE PAUL**  
**SACRAMENTO**  
DIOCESAN COUNCIL

St. Vincent de Paul  
Sacramento Diocesan  
Council

Serving in Hope and Mercy

*Celebrating*  
**65** YEARS OF  
VINCENTIAN  
service

## Monday Morning Memo



What do you think of the new banner? The Sacramento Council is celebrating its 65<sup>th</sup> anniversary this year so you will be seeing a lot more of this colorful logo. It was designed for our 14<sup>th</sup> Annual Dinner for the Poor on April 24, 2020. and I love it so much I want to use it all year long!

Imagine how much has changed over the last 65 years, both with SVdP and with the world in general. One thing that hasn't changed is the needy in our communities who still require assistance. As Jesus said, "The poor you will always have with you." And so, our work continues.

*Have a blessed week and thanks for all you do,*

*Judy*

### A Day of Reflection with Sr. Paule

On Saturday I was extremely fortunate to be able to attend a *Day of Reflection* with Sr. Paule Freeburg, DC, in Pittsburg. This event was

hosted by the Contra Costa District Council and Sr. Paule spent the morning exploring the true meaning of Lent as set forth in the Scriptures and how it is so much more than just “giving things up and not eating meat on Friday.” Her presentation was thought provoking and got us all in the proper frame of mind as we approach Ash Wednesday in little more than a week. I think I am ready for Lent now!



## FEBRUARY SPIRITUAL REFLECTION

by Sr. Paule Freeburg, DC

Western Region Spiritual Advisor

St. Vincent de Paul advised the priests of the Congregation of the Mission, called in the United States, Vincentians, to “**Do the good that presents itself to be done.**” St. Vincent always took his cues from the events around him. He never intended to form any group, any religious community. Any group founded by St. Vincent had its origins in the events that needed the attention of dedicated individuals.



The Ladies of Charity were founded in Châtillon, France to meet the needs they themselves had discovered. Poor people in the small village were dying for lack of food and care. They had discovered **the good that presented itself to be done.** Vincent organized these good women so that charity would be organized and continue. The Ladies (12 of them) were founded in 1617 and are now the largest women’s group in the church. They are international and serve in 49 countries.

St. Vincent de Paul heard the confession of a dying man in Foleville, France in 1617. He preached on the topic of reconciliation the following Sunday. So many of the poor responded that he had to get help to hear confessions. He had discovered **the good that presented itself to be done.** He founded the Congregation of the Mission (Vincentians) to meet the spiritual needs of the rural poor.

Soon poor girls from the country came and volunteered to work with the Ladies of Charity to do the manual work. They could not read or write. Vincent was inspired by the generosity of the poor serving the poor. He saw the hand of God in this and acted on this **good that presented itself to be done.** Eventually they became the Daughters of Charity.

Two hundred years later, a group of college students in Paris were ridiculed for talking about their faith but doing nothing. Frederic Ozanam would then say “We must go to the Poor.” They were sent to Sister Rosalie who instructed them in serving the Poor. She told them to go to the poor and see what needed to be done. From 1833 to this day, the Society of St. Vincent de Paul has responded to **the good that presents itself to be done;** in home visits, food pantries, thrift stores. Often you do not know until you are in the home of a poor person what will need to be done.

St. Vincent has left us a legacy of ‘no act of charity is foreign’ The events we encounter will make known to us the **good that presents itself to be done.**

Let us all commit to reading the events around us and count on God’s grace and power to accomplish his will.

## Annual Catholic Appeal Exchange & Expo



On Wednesday February 12th, the first **Annual Catholic Appeal Exchange Expo** took place at the Pastoral Center in Sacramento. Pastors and parish ministry leaders who are the recipients of the funds raised during the Annual Catholic Appeal, were invited to share their work and their success stories. Bishop Soto welcomed the group as they all gathered for lunch and thanked everyone for their works of charity.

There was a drawing for a \$1,000 grant which was won by St. Joseph's in Auburn!

Attendees were able to roam the Expo after lunch to interact with other ACA charities, find out what each one does, and get ideas for their own ministries.

Representing St. Vincent de Paul was Dot O'Connor, the Holy Spirit Conference President and Sacramento Council Board Member, and conference member Marion Fisher.



*"You learn to speak by speaking, to study by studying, to run by running, to work by working, and just so, you learn to love by loving. All those who think to learn in any other way deceive themselves."*

*~ St. Francis de Sales*

*"A network of friends, inspired by Gospel values, growing in holiness and building a more just world through personal relationships with and service to people in need."*

*~ Mission Statement*

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