



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



This week Bob and I celebrated our 49<sup>th</sup> anniversary. On our 10<sup>th</sup> anniversary I became aware that our daughter's dance instructor had the same anniversary as ours. You know how when you share something similar it makes for an instant connection? (Kind of like Vincentians) Well, we decided that the next year we would do something together. These celebrations continued for the next 38 years! See the photo below of us with friends Susie and Rob Harper at the Doo Wop Project concert at the Uptown Theater in Napa on Saturday night.

Over the years we have experienced some of the best meals at the finest restaurants and have gone to great shows and events all over California. Some years ago, we realized we never took the time to chronicle all that we have seen and done. You can imagine after 38 years some of these annual occasions have been lost to our memories or at the very least very fuzzy – “remember that great restaurant in SF – rain was coming down in torrents, we didn't have umbrellas; where was that?” That sort of thing. We have pieced together some of the more memorable nights, but many are lost forever.



So, you may be saying, how does this have anything to do with St. Vincent de Paul? Remember that the

Sacramento Council is celebrating its 65<sup>th</sup> anniversary this year. We want to put together some of its history, how it started, how far back can we trace our conferences, and which ones have been around for decades? History is important because “it allows us to understand our past, which in turn allows us to understand our present.”

Who remembers when their conference was founded? Are your founders still part of your conference? What was your conference doing 10 or 20 or 30 years ago versus what it is doing today? What old photos or newspaper articles about SVdP are residing in a box in someone’s garage. We would like to have all this historical information to share, not only at the Annual Dinner for the Poor in April, but so it can become part of our story allowing us to see where we started, where we are now, and where we are going.

Please help us write this story! Send me an e-mail today if you have any kind of information to share.

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

***Judy***

## Barbara McPherson Visits Sacramento

This past week we had the opportunity to have Barbara McPherson, Director of Prison Reentry Programs for National SVdP, spend two days with us in Sacramento. She met with Exodus Program Director, Seth Castleman and the Exodus Advisory Committee, Deacon Bill Goeke, Detention Ministry Coordinator for the Diocese, and Debbie McDermott Associate Director for Restorative Justice for the California Catholic Conference.



She came to talk about the National Reentry Program, **Immersion**. Barbara has been the driving force to create this first ever national program for St. Vincent de Paul. Our own reentry program, Exodus, which is at this time primarily a mentoring program for returning citizens, is included as one of the 6 current state sites in the U.S. Barbara even had time to talk to Bob Dunning on the Bishop’s Hour Wednesday morning.



It was a whirlwind couple of days. We had a brief respite between meetings which we spent at the Cathedral. Husband Bob drove us all over Sacramento and gets the “Uber Award” for best amateur driver. Thank you Bob!

And thank you Barbara for spending some time with us!

## Our Lenten Journey Begins

I often visit the famvin website, The Vincentian Family Information Network. You can find everything and anything Vincentian on this website; articles, videos, and PowerPoint presentations, from the history of all the branches of the Vincentian Family to biographies of our founders to spirituality and reflections. If you are not familiar with this website check it out ***here today***.

This week I took some time to search for things relating to Lent and found an article written by Fr. Gregory Gay entitled: ***Metanoia – Change Your Way of Thinking***

I had never heard the word metanoia, so I was immediately interested. Fr. Gregory writes,

***“If metanoia literally means “change your way of thinking”, then Lent is the perfect time for us to look at systemic change in our own lives and especially as followers of Vincent, Louise, Frederic, Elizabeth, etc. John Paul II challenged Vincentians to understand underlying causes and work toward long-term solutions.***

***This Lent... How do we need to change our way of thinking about:  
... our own lives – from “Just Us” to Justice?***

*... how we serve – from just service to also fostering empowerment?"*

Some food for thought as we begin our Lenten journey on Ash Wednesday.

*"Lent is a period of spiritual 'combat' which we must experience alongside Jesus, not with pride and presumption, but using the arms of faith: prayer, listening to the word of God and penance. In this way we will be able to celebrate Easter in truth, ready to renew the promises of our Baptism."*

*~ Pope Benedict XVI*

*"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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