

# ST VINCENT DE PAUL

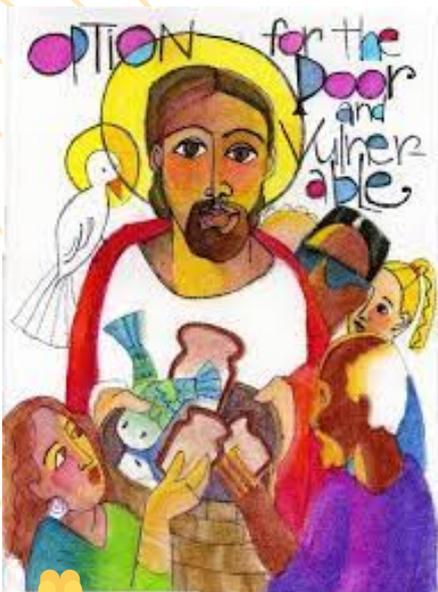
## Option for the Poor



### Word of the Week

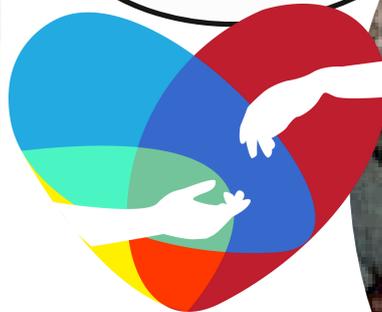
Mark 9:33-37

[Jesus and the disciples] came to Capernaum. And when he was in the house he asked them, "What were you discussing on the way?" But they kept silent, for on the way they had argued with one another about who was the greatest. And he sat down and called the twelve. And he said to them, "If anyone would be first, he must be last of all and servant of all." And he took a child and put him in the midst of them, and taking him in his arms, he said to them, "Whoever receives one such child in my name receives me, and whoever receives me, receives not me but him who sent me."



"Go to the poor,  
you will find God."

St Vincent de Paul



### Prayer for the Week



Dear St Vincent de Paul,  
You cared for the poor and needy with love and compassion. Help me to be kind and helpful to others, just like you were. Guide me to see the needs of those around me and to lend a helping hand. Thank you for inspiring us to serve others and to spread God's love in the world.

Amen.

St Vincent de Paul...Pray for us!



Vertical Worship - Blessed  
(LISTEN HERE)



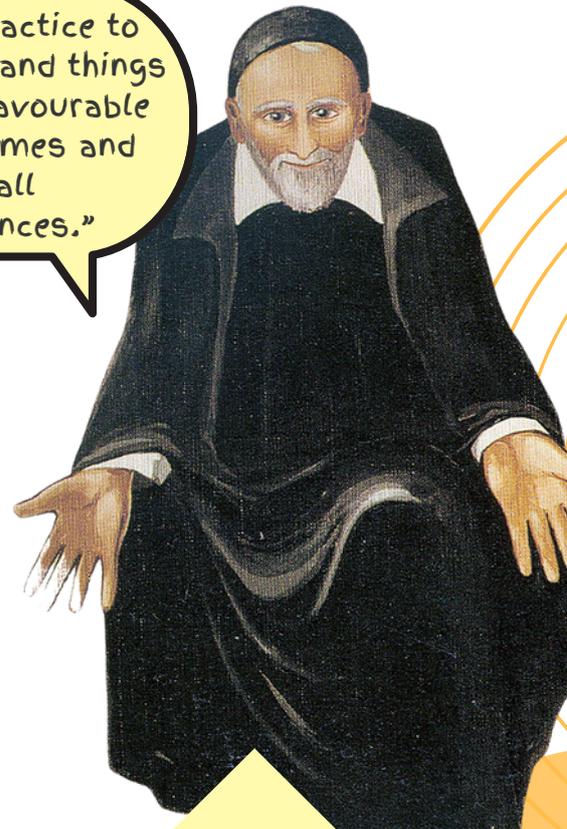


CAFOD: Option for the Poor  
(WATCH HERE)

Watch the video above, do you consider the poor and those most in need first when making decisions? When might you need to consider the needs of the poor first in your life?

Does everyone in society consider the needs of the poor first? What about in politics or in business?

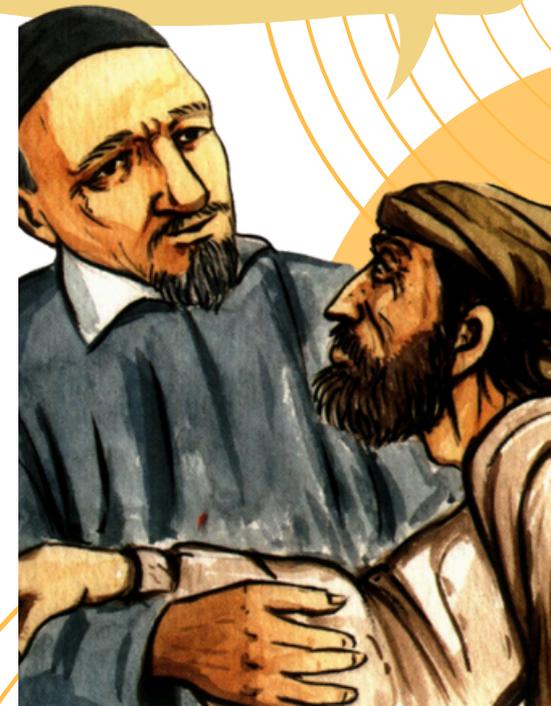
“Make it a practice to judge persons and things in the most favourable light at all times and under all circumstances.”



What do you think St Vincent de Paul means by these two quotes?

Take a moment to prayerfully discuss how the words of this great Saint might encourage us to look after the poor as a priority.

“God, grant us the grace to see things with the same eyes as you do.”



## The Apostle of Charity: St Vincent de Paul

Every saint has a unique path to sainthood, but St Vincent de Paul has an exceptionally surprising story! We can learn a lot from this saint. St Vincent de Paul, known as the Apostle of Charity, was captured by pirates and sold into slavery. After his escape, he found a religious order and charity that still exists today!

Two miracles were attributed to the intercession of Saint Vincent de Paul prior to his beatification. A nun was cured of ulcers and a laywoman was healed of paralysis.

Pope Benedict XIII beatified Vincent de Paul in 1729. Less than a decade later, he became a saint. Pope Clement XIII officially canonized St Vincent de Paul on June 16, 1737. Saint Vincent de Paul is the patron saint of hospitals, charities, volunteers, and prisoners.



## OPTION FOR THE POOR

This principle of Catholic Social Teaching teaches us that we should help people who are poor and in need before anyone else. This is because they need the most care and love.

St Vincent de Paul was a saint who loved helping the poor. He spent his whole life making sure people who were hungry, sick or lonely were cared for, and he teaches us to do the same.

- Why is it important to help people who are poor or need extra care?
- How can you be like St Vincent and help others in your school or neighbourhood?
- How does helping others make you feel, and why do you think it's important to Jesus?
- Who can you ask to help you make a difference for people who are poor to struggling?