

# SVdP San Diego Diocesan Council Newsletter



Feb 2019

Volume 4, Issue 2

*"No work of charity is foreign to the Society"*

## Upcoming Events

**Feb. 2nd – Presentation of the Lord**

**Feb. 7<sup>th</sup> – Blessed Rosalie Rendu**

**Feb. 11th – Our Lady of Lourdes**

**Feb. 14<sup>th</sup> – Valentines Day**

**Feb. 18<sup>th</sup> – Presidents Day**

**Feb. 22nd – The Chair of St. Peter the Apostle**

**Feb. 26th – Council Officers Monthly Meeting**

**Conference Meeting Info in Conference Section**

**(Feast days visit [http://vinformation.org/en/tagged\\_feasts](http://vinformation.org/en/tagged_feasts))**

## Message from the President

Where do you see your conference and yourself in the next five years as a Vincentian? When I ask myself this question I find myself wondering where I will be next week in my vocation as a Vincentian.

Recently I read an article by Lori Gotlieb regarding the burnout of volunteers. She states:

*"As the saying goes, "if you want something done, ask a busy person." This holds very true for volunteers and the dedicated work that they do. People are busier now than they have ever been and balancing your life has become more and more complicated.*

*People volunteer for a variety of reasons, they want to make a difference and give back to their community but they also want balance in their volunteer efforts. If they do not get the balance they will get burnt out. This is called "volunteer burnout" and it is more common than you think.*

*The problem is that we do not notice the burnout coming until it is too late and what you are left with is either a very unhappy volunteer or a great volunteer who quits."*

How do you avoid burnout in your conference? Maybe it's a new project or program or maybe it's a new member who has

joined your conference and is excited about their new role as a Vincentian.

When I begin to feel burnt out I focus on several of the projects and programs that are available to us. People in my circle of fellow Vincentians who share in them fuel my excitement. When I get to share my thoughts and ideas with others their response fuels my energy to keep going.

Do you have a project or program that is exciting to you? Are you sharing these ideas with others? It is something that can be shared with all the members in our council.

As we move forward over the next several months I would love to hear of your ideas. Please send them to me at [judy.marquie@hotmail.com](mailto:judy.marquie@hotmail.com)

Who knows yours might be the catalyst that is needed to re-energize other members who are experiencing burnout.

Judy Marquie, President

## Message from Council Spiritual Director



Most likely we all have days when we're especially inspired and encouraged by the Mass Readings, a particular Saint or a special Homily. Ending January with Saint John Bosco on January 31st was one of those especially inspiring days for me. This special Saint, noted for his creativity, energy and work directly with the poor, always inspires me. He served with a love like that of a Vincentian.

The first reading of the day from the Letter to the Hebrews 10:19-25 speaks of a "sincere heart... absolute trust...how to rouse one another to love & good works...and encouraging one another". All of this reminds me of the importance of our Faith and Fellowship strengthening us for service to the poor. It is so easy to get trapped into critiquing others rather

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than encouraging them. The work we do requires encouragement.

The gospel reading from Mark 4:21-25 is one that was always confusing to me. "Anyone who has ears to hear ought to hear." This seems simple enough, as we all need to listen & discern well, both when we listen to one another and when we listen to the poor. But also, we can consider how we listen to our Lord in the proclaimed Word and through silent Prayer.

But, later in this gospel, we read "To the one who has, more will be given; from the one who has not, even what he has will be taken away." This is where I get confused. A wonderful Homily on this day reminded me that we tend to think about money and belongings first and foremost. As we learn in our Vincentian life, it's not about the money and possessions. The message is about our Faith. Are we stingy with our Faith or are we generous with our care, concern and love for others? And, the less we love and exercise the virtues, the less we will receive.

So, I encourage us to go about our work being both hearers and doers of the WORD, exercising our virtues, caring, showing our concern and loving all those we encounter.

God's Blessings,

Bonnie Sardo, Spiritual Advisor

### **Blessed Rosalie Rendu - Feast day 2/7**

[http://vinformation.org/en/tagged\\_feasts](http://vinformation.org/en/tagged_feasts)



Rosalie lived in turbulent times, during French uprisings and great poverty. She remained a Daughter of Charity in the Mouffetard District of France for 54 years, serving the poor and encouraging others, including our Founders.

Following are brief excerpts from the Homily of John Paul II during her beatification.

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"The thirst for action, devotion and service that burned within Jeanne Marie could not have found a better place to be quenched than this district of Paris. At the time, it was the most impoverished district of the quickly expanding capital: poverty in all its forms, psychological and spiritual. There disease, unhealthy slums, and destitution were the daily lot of the people who were trying to survive."

"All her qualities of devotedness, natural authority, humility, compassion and her organizational abilities would be revealed. 'Her poor,' as she would call them, became more and more numerous during this troubled time. The ravages of a triumphant economic liberalism accentuated the destitution of those most rejected. She sent her Sisters into all the hidden recesses of St. Medard Parish in order to bring supplies, clothing, care and a comforting word."

"Like a monk in the cloister, Sr. Rosalie walked with her God. She would speak to God of this family in distress as the father no longer had any work, of this elderly person who risked dying alone in an attic: 'Never have I prayed so well as in the streets.' She would say."

"She was very attentive to the manner of receiving the poor. Her spirit of faith saw in them our 'lords and masters.' 'The poor will insult you. The ruder they are; the more dignified you must be,' she said. 'Remember Our Lord hides behind those rags.'"

Blessed Frederick Ozanam, co-founder of the Conferences of St. Vincent de Paul, and the Venerable Jean Leon Le Prevost, future founder of the Religious of St. Vincent de Paul, knew the road to her office.... seeking advice for projects. She directed their apostolate, guided their coming and going... gave them addresses of families in need, choosing them with care."

Let us give thanks for Blessed Rosalie and the guidance she gave to our founders!

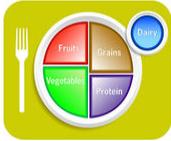
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## Dining Room



We have been invited to participate in a program being created by the Good Shepherd Ministry Center in El Cajon to help "at risk" teens that will be turning 18 and leaving the welfare system. This

program is gearing up to start April 1, 2019. We will be working with other groups to help the teens with various resources.

SVDP's role will be providing fellowship and a hot meal to the teens twice a week. If this sounds like something you would like to be involved in please contact Paul Marquie at [paul.marquie@hotmail.com](mailto:paul.marquie@hotmail.com) or 619-916-9680. He can explain how you can be involved in the program.

We continue to look for a location with a certified kitchen to prepare these meals. Making the food ourselves will allow us to save money. Money we can use in other areas.

If your parish has a certified kitchen and might allow us to use it to prepare meals please let Paul Marquie know and he will take the steps necessary to contact the pastor. Currently we are in discussion with Our Lady of Grace's pastor and his parish council to use their kitchen twice a week.

We are continuing to look for alternative solutions for a certified kitchen. Several proposals are being written and will be presented at a special meeting of our conference presidents.

As we continue to work on these ideas we ask that you keep this committee in your prayers. As always if you have any ideas or suggestions that might help please send them to me at [judy.marquie@hotmail.com](mailto:judy.marquie@hotmail.com)



Network Television Premiere!  
A Movie about the Society on EWTN

## OUR FAITH IN ACTION

If you missed the movie it is available for viewing on the SVdP YouTube page and can be accessed by clicking here: <https://bit.ly/2Queh6d>

You can also view and download the movie from the Society's Vimeo page by clicking here: <https://bit.ly/2Fmp28P>

The film is based on our network TV series "Our Faith in Action: Today's Society of St. Vincent de Paul."

### "Our Faith in Action"

#### Movie Description

The spirit and charism of a 400-year-old French saint lives on through the examples of charity by nearly 100,000 dedicated men and women of the Society of St. Vincent de Paul. The feature-length presentation "Our Faith in Action" tells the spiritually uplifting, personal stories of our Vincentian members in direct service with people in need across the country.

Click the boom box to listen to and download the original song "Finding Vincent" from the movie.



### Voice of the Poor (VOP)– Ken Poggenburg

## VOICE OF THE POOR

Voice of the Poor (VOP) is the advocacy arm of the Society of St. Vincent de Paul. With members

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representing every section and demographic of the nation, the VOP identifies those issues that are critical to those living in poverty and need, and helps bring attention to them so communities and our elected representatives can help develop strategies and tactics that will provide the most effective and efficient means to reduce or eliminate poverty.

Guided by Catholic Social Teaching, the VOP collaborates, educates, and advocates to improve conditions of the people we serve.

To learn more about the VOP, [click here](#).  
For ways to get involved, [click here](#).

## 40 DAYS FOR LIFE: MAR. 6 – APR. 14



40 Days for Life is a community-based campaign that takes a determined, peaceful approach to showing local communities the consequences of abortion in

their own neighborhoods, for their own friends and families. It puts into action a desire to cooperate with God in the carrying out of His plan for the end of abortion. It draws attention to the evil of abortion through the use of a three-point program:

- Prayer and fasting
- Constant vigil
- Community outreach

The 40-day campaign tracks Biblical history, where God used 40-day periods to transform individuals, communities ... and the entire world. From Noah in the flood to Moses on the mountain to the disciples after Christ's resurrection, it is clear that God sees the transformative value of His people accepting and meeting a 40-day challenge.

The next life-saving campaign is coming soon to locations around the world. Will you speak for those who cannot speak for themselves?

To find a campaign near you use this link  
<https://40daysforlife.com/>

## SVDP Disaster Corporation (DSC)



Elizabeth Disco-Shearer, CEO of SVdP's Disaster Services Corporation (DSC) is asking for Vincentians to support the efforts of the DSC and their Rapid Response Teams. "We need funding to help our Conferences wherever a natural disaster hits to cover the cost of utility deposits, hotel stays, prescription medication assistance, food, fuel and other unmet needs for disaster survivors not covered by FEMA, state programs, or other Voluntary Organizations Active by DSC.

Your donation TODAY will help to support the SVdP DSC with resources needed to respond to disasters across the United States. Thank you if you have already made a donation and for your continued support.

The DSC is a national organization formed by the Society of St. Vincent de Paul specifically to aid local Councils in responding quickly and effectively to natural and manmade disasters.

**If you prefer to support SVdPUSA's disaster relief efforts by check, please send it to:**

**National Council of the United States  
Society of St. Vincent de Paul  
58 Progress Parkway  
Maryland Heights, MO 63043**

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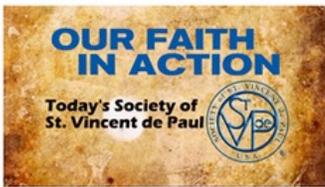
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**(Be sure to write "Domestic Disaster Relief Fund" in the memo field)**

We are deeply thankful for all you do to give glory to God by giving to those in need!

## EWTN Our Faith In Action



Join Society of St. Vincent de Paul members on their spiritual growth journey through service to people and families in need. From the Society's traditional

home visits, food pantries and assistance with rent and utilities, to innovative health care, financial and mentoring programs, the Society's Vincentians see the face of Christ in the people they encounter. In this series, Vincentians volunteer across the country to bring effective, personalized help to those in poverty, and share with you their stories of Christ's love along the way.

To view or download the episodes on the Society's Vimeo page, [click here](#).

For more information on EWTN, visit: [www.ewtn.com](http://www.ewtn.com).

Go to <http://www.ewtn.com/channelfinder/> to find the EWTN station in your zip code.

## ARE YOU GETTING THE E-GAZETTE!

**WERE YOU GETTING THIS NEWSLETTER BUT NO LONGER ARE?**

There is so much information provided through our e-Gazette. Much of the information, not all, that is included in emails and this newsletter comes from articles written in this document. If you are not getting this important information you might want to consider signing up for it.

When the owner has removed an email address, or the email address holder designates "Do Not Mail," the email address cannot be re-added by the National Council office. The email address holder must sign him or herself up to resume receiving Frederic's E-Gazette at: <http://bit.ly/1GKXYJ6>

## Links that might be of interest to Members

Famvin WEBSITE <http://famvin.org>

Webpage - Diocesan Council of San Diego!  
[www.svdpsandiego.org](http://www.svdpsandiego.org)

### EWTN Links

For more information on EWTN, visit: [www.ewtn.com](http://www.ewtn.com).  
Click here to find the EWTN station in your zip code:  
<http://www.ewtn.com/channelfinder/>

### SVDP National

<http://www.svdpsusa.org>

### E-Gazette

Julie Witzel at [jwitzel@svdpsusa.org](mailto:jwitzel@svdpsusa.org).

## District News

**Mother of Perpetual Help – Shirley Shetula  
(2<sup>nd</sup> Tuesday 5:00 at St. Francis)**

We are still looking for an individual who is interested in taking the next step in their vocation as a Vincentian to be a leader. If you are interested in this position or would like more information about it please contact Shirley Shetula at [sshetula@mac.com](mailto:sshetula@mac.com) or Judy Marquie at [judy.marquie@hotmail.com](mailto:judy.marquie@hotmail.com)

**St. Joseph the Worker – Paul Marquie  
(2<sup>nd</sup> Thurs. of the odd months at 6:30)**

Help is needed to get Our Lady of the Sacred Heart conference started. They are a diverse group with a large population of Hispanics and Vietnamese located in City Heights. If you are able to lend a helping hand please contact Paul Marquie at [paul.marquie@hotmail.com](mailto:paul.marquie@hotmail.com) or 619-916-9680.

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## Conference News & Meeting Days and Times

**Christ the King (2nd Tuesday 10-12)**

**Holy Family (1st Saturday at 8:30)**

**Most Precious Blood (2<sup>nd</sup> & 4<sup>th</sup> Monday at 10:00)**

**Our Lady of Mt. Carmel (2<sup>nd</sup> & 4<sup>th</sup> Tuesday at 6:45pm)**

**Pius X (2<sup>nd</sup> Tuesday at 6:30)**

**San Rafael (3<sup>rd</sup> Monday 7:00 of each month)**

San Rafael is opening our winter rotational shelter for the homeless February 2-16. We are expecting 12 guests and have many volunteers ready to do everything from doing laundry, making breakfast and lunch, providing transportation, to making special ethnic dinners. Our SVdP conference supports the shelter with volunteer hours as well as financial support for food and any other special needs.

**Santa Sophia (2<sup>nd</sup> Tuesday 7:30 and 4<sup>th</sup> Saturday 2:30)**

**St. John the Evangelist (1<sup>st</sup> & 3<sup>rd</sup> Tuesday 7:00)**

**St. John Mini Vinnies (3rd Thursday 7:00 in Parish Hall)**

**St. Francis (1<sup>st</sup> & 3<sup>rd</sup> Thursday 5:30)**

**St. Luke's (1<sup>st</sup> Thursdays 11:00 & 3rd Wednesday 6:30)**

**St. Stephens (2<sup>nd</sup> Wednesday 7:00)**

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If you have any articles or information you want to share with other members regarding your conference activities and projects please submit them to Judy Marquie.

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