

A SPIRITUAL ADVISOR'S HANDBOOK

COMPILED BY THE SPIRITUALITY COMMITTEE
THE SOCIETY OF SAINT VINCENT DE PAUL
ONTARIO REGION
2022





My Conference Needs a Spiritual Advisor

(How-to assistance from the ONRC
Spirituality Committee)



Spring 2022

OUR VINCENTIAN FOUNDERS



**St. Vincent de Paul
(1581-1660)**

Founder: Ladies of Charity 1617
Founder: Congregation of the Mission 1625
Co-Founder: Daughters of Charity 1633
Feast Day: September 27



**St. Louise de Marillac
(1591-1660)**

**Co-Founder:
Daughters of Charity 1633**
Feast Day: May 9



**Frederic Ozanam
(1813-1853)**

**Founder of the Society
of St. Vincent de Paul 1833**
Beatified: August 22, 1997
Feast Day: September 9



**Sr. Rosalie Rendu
(1786-1856)**

**Daughter of Charity
of St. Vincent de Paul 1802**
Beatified: November 9, 2003
Feast Day: February 7



VINCENTIAN WORDS TO LIVE BY...

Saint Vincent de Paul Quotes

"After the love of God, your principal concern must be to serve the poor with great gentleness and cordiality, sympathizing with them in their ailments and listening to their little complaints... for they look on you as people set by God to help them. You are therefore intended to represent the goodness of God in the eyes of the poor."

"This is my prayer to you, O Lord! Give to me your special favour. Pour out your truth and mercy on me in an abundance that will enable me to put your love into practice, filling me with true affection for you, for my neighbour, and also for myself."

"Lord Jesus, teach me by your example. Make me, through the vigour of my efforts, set the world on fire. I want to give myself to you, body and soul, heart and mind and spirit to that I may always do what gladdens you. In your mercy, grant me the grace to have you continue in me and through me your saving work."

"I should not judge the poor peasants, men or women, by their exterior nor by their apparent mental capacities. All the more is this so since very frequently they scarcely seem to have the appearance or intelligence of reasonable beings... But turn the medal, and you will see by the light of faith that the Son of God, whose will it was to be poor, is represented to us by these people."

"To make God known to the poor, to tell them that the Kingdom of Heaven is at hand and that it is for the poor. O how great that is, so sublime is it to preach the gospel to the poor that is, above all, the office of the Son of God."



VINCENTIAN WORDS TO LIVE BY...

Saint Louise de Marillac Quotes

"Continue to serve the poor with great meekness, respect, and cordiality, always seeing God in them."

"Be at peace and continue working as you have always done...the trouble you have already taken will not be lost. You know that after the rain comes the sunshine."

"The thought that God is ever with us should fill us with joy."

"Let us be without anxiety as to what may happen to us, strengthening ourselves in divine love which produces confidence in the Providence of God."

"We must never fear to undertake whatever the will of god requires either for His service or that of His poor."

"How good it is to trust in God! Turn to Him often, then as children look to their father and mother in their needs."

"Walk courageously from moment to moment in the way God has placed you that you may come to Him."

"Let us receive all trials as from the hand of our heavenly Father, who knows what is best for each one of us."

"More is required of us than to go, o come, and to give: our intentions should be pure and thoroughly devoid of self-interest."



VINCENTIAN WORDS TO LIVE BY...

Blessed Frederic Ozanam Quotes

"Knowledge of the poor and needy is not gained by pouring over books or in discussions with politicians, but by visiting the slums where they live, sitting by the bedside of the dying, feeling the cold they feel and learning from their lips the causes of their woes."

"Charity is the Samaritan who pours oil on the wounds of the traveler who has been attacked. But, it is justice's rule to prevent the attacks."

"Help honours when to the bread that nourishes it adds the visit that consoles, the advice that enlightens, the friendly shake of the hand that lifts up the sinking courage; when it treats the poor man with respect, not only as an equal but as a superior, since he is suffering what perhaps we are incapable of suffering; since he is the messenger of God to us, sent to prove our justice and our charity, and to save us in our works."

"... the poor we see with the eyes of flesh; they are there and we can put finger and hand in their wounds and the scars of the crown of thorns are visible on their foreheads; and at this point incredulity no longer has place and we should fall at their feet and say with the Apostle, *Tu est Dominus et Deus meus (You are my Lord and my God!)*. You are our masters, and we will be your servants. You are for us the sacred images of that god whom we do not see, and not knowing how to love Him otherwise shall we not love Him in our person?"

"The problem that divides men and women in our day is... whether society will be only a great exploitation to the profit of the strongest or a consecration of each individual for the good of all and especially for the protection of the weak. There are a great many men and women who have too much and who wish to have more; there are a great many others who do not have enough, who have nothing, and who are willing to take if someone gives to them. Between these two classes of men, a confrontation is coming, and this menacing confrontation will be terrible: on the one side, the power of gold, on the other the power of despair. We must cast ourselves between these two enemy armies, if not to prevent, at least to deaden the shock. And our youth and our mediocrity does not make our role of mediators easier than our title of Christian makes us responsible. In this, there is the possible usefulness of our Society of Saint Vincent de Paul"



VINCENTIAN WORDS TO LIVE BY...

Blessed Rosali Rendu Quotes

Words spoken to Frederic Ozanam and Companions:

"God has already touched your heart, or you would not be giving up your precious free day to serve the poor.

And, because you see Christ in his poor, I know you will approach each one you visit with humility as His servant. Always remember, that if we had been through the hardships they have had to meet

-- if our childhood had been one of constant want --

perhaps, we too, would have given away to envy and hatred, as I must admit have many of the poor in this quarter.

But be kind and love, for love is your first gift to the poor.

They will appreciate your kindness and your love more than all else you bring them."

"Hunt down poverty in order to give humanity its dignity."

"There is something that is choking me, and takes away my appetite...the thought that so many families lack bread."

"There are many ways of providing charity. The assistance of money or assistance in-kind that we give to the poor will not last long. We must aspire to a more complete and longer lasting benefit: study their abilities, their level of instruction and try to get them work to help them out of their difficulties."

"One night I dreamed that I stood at the judgment seat of God. God received me with great severity and was about to pronounce my sentence when, suddenly, I was surrounded by an immense crowd of people carrying old boots, shoes, and hats. They presented all these things to God saying: 'She was the one who gave us all these things.' Then Jesus Christ turned toward me and said: 'Because you gave all these second-hand clothes in my name, I open heaven to you. Enter for all eternity.'"