



Vincentian Prayer List

Please add to your prayers in particular Robin Newton, Sheila Coutu, Sarah Mingo, Breanne W and Baby Dayton, and all those in need.

Please visit Father Mark Schwab's Website www.vccrs.ca to submit prayer requests that are distributed to prayer groups across the lower mainland.

A Moment Of Spiritual Reflection

"Let us do our duty well; let us go straight to God; let us work to become very humble, very patient, very mortified, and very charitable."

— Vincent de Paul

[Luke 6:20-26](#)

Friends, today's Gospel is Luke's pithy version of the beatitudes. First we are told, *"Blessed are you who are poor."*

We notice that there is none of the softening offered by Matthew ("poor in spirit"), but a simple and straightforward statement of the blessedness of being poor. How do we interpret what seems prima facie to be a glorification of economic poverty? Let me propose the following reading: "How lucky you are if you are not addicted to material things." One of the classic substitutes for God is material wealth, the accumulating of "things."

The freedom and fullness of detachment is probably no better expressed than in John of the Cross' beautiful mantra: *"To reach satisfaction in all, desire satisfaction in nothing; to come to the knowledge of all, desire the knowledge of nothing; to come to possess all, desire the possession of nothing; to arrive at being all, desire to be nothing."*

This fourfold *nada* is not a negation but the deepest affirmation. It is finally to see the world as it is and not through the distorting lens of cupidity and egotism.

-Bishop Robert Barron

www.wordonfire.org



Helping Those In Need.



A Note From Our Vancouver Archdiocesan Central

We'd like to take this opportunity to welcome everyone back after the summer break. Many of us have had a very busy summer and now as we move into Fall we continue on with the many great works we have all been doing in our parishes and communities.

Please remember to submit any events, pictures, programs you have in your own parishes, communities, to me at lizcsilva.75@gmail.com. By sharing information, our successes, and yes even our tribulations, we can all come together to help, and support each other, as well as all those in need.

Welcome Aboard

We'd like to welcome with big open Vincentian Arms to our newest Conference in Walnut Grove (Langley), St. Nicholas.

An excited and enthusiastic group of new Vincentians.



Picture Above: Rev. Nixon D'Silva and new President Pat (Patricia) Schiller.



The group elected their President who appointed a Secretary and Treasurer. Father D'Silva was also officially appointed as Spiritual Advisor.

The group brainstormed ideas for Service, Communication, Partners and Fund Raising and will meet again the 3rd Wed of September.

We'd also like to welcome the new President for **SSVDP at St. Jude's**, Neo Regalo.

We are all very excited to welcome you all and are very much looking forward to working together!



Multicultural Corner

BEYOND THE KITCHEN:

FOOD INSECURITY

Hunger and food insecurity often get used interchangeably but they have different meanings.

Hunger is the feeling when we don't have food to eat whereas food insecurity is a consistent lack of access to adequate and nutritious food to maintain an active and healthy life-style.

According to Concern Worldwide (August 2023), the world produces enough food to feed 7.5 million people and yet more than 10% of the population goes hungry everyday and those numbers are rising.

Globally, some of the causes of food insecurity include War and Conflict (about 60% of people affected by food insecurity live in war and conflict zones around the world), Poverty due to unemployment, inflation and soaring food prices, the impact of the Covid-19 pandemic, Climatic changes resulting in flooding and drought, Food waste, Forced Migration and Poor Public policies.

Locally we have seen food insecurity among people living on fixed income and struggling with inflation and high food prices. Some don't have transportation like seniors and people with disabilities and mobility issues. Then there are newcomers to Canada, who are struggling to navigate through the system.

The food banks are not for everyone. Partly some don't qualify, and some feel uncomfortable or embarrassed going to the food banks because of the stigma regarding food bank use.

According to research, people living in food-insecure households are more likely to develop physical health issues like diabetes, hypertension and mental health issues like anxiety and depression.

Charitable organizations including the *Society of St Vincent de Paul* have done a great job in reaching out to those vulnerable people.

Written by

Yves Chinnapen





Information Corner — Our Communities

CLIMATE ACTION THROUGH CIRCULARITY

VANCOUVER | NOVEMBER 1 & 2, 2023

[Buy Tickets](#)

Accelerating Action on Plastic Pollution at ZWC 2023

At the intersection of industry innovation, government regulation, and climate action lies the enigma of plastic waste. Are we at a pivotal moment, one where businesses, communities, and corporations are ready to align and create a circular economy for plastics?

Join us at the **2023 Zero Waste Conference** on November 1 and 2, as representatives from all three sectors shed light on the ambitious efforts underway to turn off the tap on plastic waste and reduce the related greenhouse gas emissions.

Joining us:

The Honourable George Heyman

Minister of Environment and Climate Change Strategy,

Province of British Columbia



Minister Heyman is a key player in shaping British Columbia's journey toward a more sustainable and prosperous future, bringing years of dedication, advocacy, and impactful leadership to the conference.



Neil Menezes

Packaging Sustainability Policy Manager, General Mills

Neil is a trailblazer in recycling and waste management solutions, currently steering sustainable packaging transformations at General Mills towards an ambitious target of being 100% recyclable or reusable by 2030.

Crystal Dreisbach

CEO, Upstream



Crystal is a change-maker set on challenging the throw-away culture. Through her initiatives like Upstream and Don't Waste Durham, she is redefining the boundaries of our single-use consumption patterns to ensure an equitable and sustainable economy that fortifies communities.



Information Corner — Our Communities Cont'd

Seeds of Hope

The 3 pillars of Health, Education and Wellness (HEW).

The income eligibility levels for the Canada Learning Bond are adjusted annually. The new family net income cut off for the 2023-2024 benefit year is \$53,359 for families with 1 to 3 children. The income cutoff is higher for families with more than 3 children.

The toolkit on the SSVP National website has been updated with the new data. Please access the toolkit through this link.

<https://ssvp.ca/special-projects/seeds-of-hope/seeds-of-hope-toolkit/>

<https://ssvp.ca/fr/projets-speciaux/semences-despoir/semences-despoir-coffre-outils/>

ABR - Always be recruiting is our rejuvenation motto!

We are determined that no child will be left behind! Every child deserves hope for a brighter educational future.

Please reach out to set up a zoom coaching session for your conference or for an individual coaching session. The session content runs just under 20 minutes, with time available for questions after the presentation, as well as support by email or phone after the presentation. Join the growing number of conferences who are getting informed, making a list of families with children 19 years of age and younger and then reaching out to the families one by one to explain the opportunity and to walk alongside them to access!

Thank you for your interest and support in bringing this much needed hope to the precious children we serve!

Quick Reference Guide

e-quick-reference-chart-for-government-regis-incentives-5053-5054.pdf



CLB Fact Sheet



13-ENG-CLB-Family-Fact-sheet.without-contribution.BC_Feb2023.pdf



Society of Saint Vincent de Paul
Seeds of Hope Project
PROJECT TOOLKIT





World Day Of The Poor

The seventh **World Day of the Poor** will be observed on **November 19, 2023**.

This year's theme **"Do not turn your face away from anyone who is poor"** (Tob 4:7). "

These words help us to understand the essence of our witness. By reflecting on the Book of Tobit, a little-known text of the Old Testament, yet one that is charming and full of wisdom, we can better appreciate the message the sacred writer wished to communicate", as we can read in Pope Francis' text:

<https://www.vatican.va/content/francesco/en/messages/poveri/documents/20230613-messaggio-vii-giornatamondiale-poveri-2023.html>

The Society of Saint Vincent de Paul is in a perfect position to promote the World Day of the Poor as part of its work to assist persons in need. That special day is also a great opportunity for the Society to:

- increase the visibility of SSVP work and activities;
- make known the mission of the SSVP;
- foster closer ties between Vincentians and parishioners during Eucharistic celebrations, to live the message of the Gospel together by serving Christ through the poor with love, respect, justice and joy;
- recruit new members;
- conduct campaigns to raise funds or collect non-perishable food items in support of Vincentian work.

World Day of The Poor 2023 Members Campaign Guide:



WDP_Guide-ENG-2022-Nov-13.pdf

Open the Doors of My Heart A PRAYER FOR THE WORLD DAY OF THE POOR



"As long as Lazarus lies at the door of our homes (cf. Luke 16:19–21), there can be no justice or social peace." Pope Francis

God of Abraham, Everywhere we go we see Lazarus. But we also see so many doors, doors that separate us from Lazarus. Lord, teach us to open those doors To Lazarus, to the poor, to help them find a just share of your bounty. This World Day of the Poor, help us all turn to those outside our door, to bless, heal and comfort them. Help us to build a world together, where the poor are strangers to none, and the very chains of poverty are broken. Amen.

(Adapted from Catholic Relief Services)



Betty O'Flynn Bursary Awards

We would like to take this opportunity to say Congratulations to all of this years recipients and wish them all God's Blessings in their future endeavours.

St. Bernadette's



SSVP sponsor -Norah Massahi

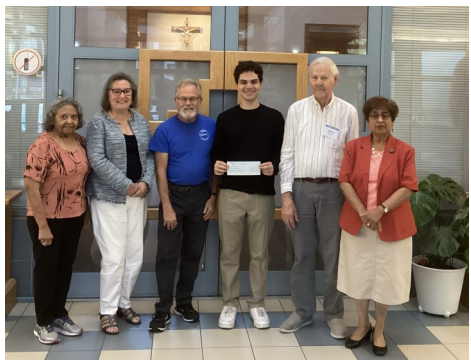
Recipient - Eh Pu Paw

St. Bernadette Pastor. Father Paul

From St. Matthews'

Recipient - Daved Al Mhana

From left to right are Vincentians, Stella Vatagoda, Ilse Van Brakel, Conference president, Eric Andres, Spiritual Advisor, Peter Rolvink and Conference Secretary, Cheryl Andres.



St. Luke's Parish

Recipient - Dominic Maddalozzo

Left - Johanna Cross

Right - Father Edwin Kulling





Events

Family Fun - Surrey Art Gallery

Looking for something **fun and free** to do as a family? Check out the Family Art Party in Surrey to explore colours, patterns, textiles and printmaking. An artist-educator will be on hand to inspire you with activities.

When: October 14, 2023

Time: 11am-3pm

Location: Surrey Art Gallery

Address: 13750 88 Ave., Surrey

Website: www.culturedays.ca

Important Links

Holy/Hurt

Have you heard of the term “**spiritual trauma**”? Perhaps it has come up recently for you, with stories of people hurt by religion featured in popular media. Perhaps it is something you’ve been familiar with for a long time—whether because of your own experiences or those of people you care for. As an organization whose mission it is to equip the Church to support mental health and wellbeing, we believe it is an important conversation for Christians. So, we’re grateful to share with you a new resource from Sanctuary Ambassador Hilary McBride—Holy/Hurt: A Podcast Exploring Spiritual Trauma and Healing.

You can learn more and listen to the trailer on the [Holy/Hurt website](#).

Newsletter Submissions

Please send your submissions for our VACC newsletter to lizcsilva.75@gmail.com. Submissions for the next newsletter are **due November 15th**. Your stories, photos, and requests help to make the newsletter more interesting!

[Subscribe to the:](#)

The **BC & Yukon Regional Council** puts out a great, informational newsletter each month. To have it delivered to your inbox please email them at ssvp.bcyukon@gmail.com.

National Council puts out a very informative and resourceful newsletter and website as well. To have it delivered to your email: <https://www.ssvp.ca/>

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