



# Frédéric's 5

5 Things You Need to Know

Simplicity · Humility · Gentleness · Selflessness · Zeal

JANUARY 15, 2026



## To the Heights!

Can a young person change the world? This may sound like an easy question to answer. If so, why do so many struggle with this question?

To answer this question, we all must first define what it means to be a young person. It's not about chronological age! It's a state of mind.

As Vincentians, we should all keep Matthew 19:14 in mind, **"Let the children come to me, and do not prevent them; for the kingdom of heaven belongs to such as these."** Earlier in the

Gospel, Jesus says, **"Amen, I say to you, unless you turn and become like children, you will not enter the kingdom of heaven."** [Read more...](#)

## THIS WEEK'S FEATURE: Disaster Services

### Light After the Storm: SVdP Lifts St. Louis Community from Tornado Rubble

May 16, 2025 began as a bright and sunny day, but at 2:39 that afternoon, everything changed.

A tornado darkened the skies and tore through parts of St. Louis, damaging over 5,000 homes. Five people were killed. North St. Louis, an area that has historically been underserved and overburdened, was hit the hardest. It only took 27 minutes to change people's lives forever. [Read more...](#)



## QUESTIONS AND ANSWERS

**Q:** Do you know of anywhere that we might find a written history of the Black Bag? Several of our Conferences have asked, but I'm not sure where to look.

**Q:** In Part I of the Rule, it indicates that non-Catholics can serve as officers (secretary or treasurer) and in Part III, it says that only Catholics can be officers. Is there a conflict in the Rule?

[Click Here to Learn the Answers!](#)

[Submit your questions](#)

REGISTER FOR THE SVDP NATIONAL DEVELOPMENT CONFERENCE



SVdP's first National Development Conference is an opportunity for Vincentians, volunteer and staff, who are directly involved in grant writing, fundraising, communications, and donor engagement, to come together and learn from each other. The conference will take place **April 14-15, 2026** at the Marriott St. Louis West Hotel.

This working conference will require 100% attendance at the entire meeting. There is no cost to attend, other than your own transportation to and from St. Louis. Early registration is encouraged. [Register here...](#)

## UPCOMING EVENTS

Thursday, January 15 at 7:00pm CDT  
[Zoom Replay with SVdP and SEEK26](#)

Monday, January 26 at 12:00pm CDT  
[Getting Ahead Practitioner Call](#)

Wednesday, January 28 at 5:30pm CDT  
[Getting Ahead Facilitator Training](#)

Wednesday, February 4 at 5:30pm CDT  
[Getting Ahead Facilitator Training](#)

Friday, February 6 at 2:00pm CDT  
[Poverty Action Committee Book Club](#)



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