



Frédéric's 5

5 Things You Need to Know

Simplicity · Humility · Gentleness · Selflessness · Zeal

FEBRUARY 5, 2026



John Berry
National President

Love That Listens, Love That Endures

My Dear Vincentian Sisters and Brothers,

In case your calendar hasn't told you yet, Valentine's Day is next week. (You're welcome if I just kept you from being in BIG trouble with your significant other!) That means the stores will be filled with red hearts, chocolates, and cards with sweet messages, and there will be maybe a bit of pressure to "prove" our love with the right gesture at the right time. But beyond all the dinners, roses and romance, this day has a much deeper story, one that, I believe, speaks directly to who we are as Vincentians and to the way we love Christ in those who are poor. [Read more...](#)

HAPPY 70TH ANNIVERSARY, SVDP NORTH TEXAS!





Photos courtesy of Rob Graham

This year, SVdP North Texas celebrates 70 years of serving and being a beacon of light for those experiencing homelessness and poverty in the region. SVdP USA Board of Directors gathered in Dallas on January 31, 2026, to celebrate this milestone, and the North Texas Council also welcomed members of the Youth, Young Adults and Emerging Leaders for tours. The day continued

with the 70th Anniversary Vincentian of Mass and Thanksgiving at the National Shrine of Our Lady of Guadalupe.

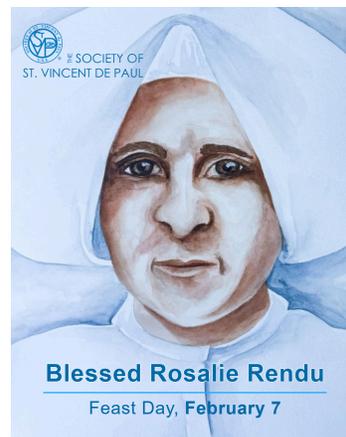
FEBRUARY 7: FEAST DAY OF BLESSED ROSALIE RENDU

On Saturday, February 7, we celebrate the Feast Day of Blessed Rosalie Rendu.

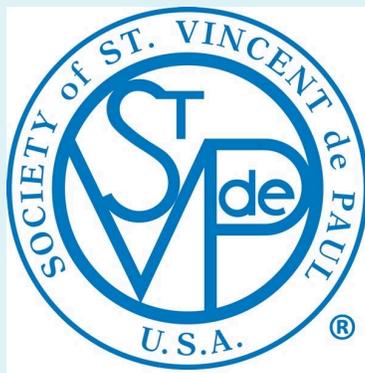
A Daughter of Charity who served for decades in one of Paris's poorest neighborhoods, Blessed Rosalie formed the earliest members of the Society of St. Vincent de Paul in the spirit of person-to-person service. She taught them to approach every neighbor with dignity, compassion, and presence.

Her words still guide us today: "If you have nothing to give, give yourself."

Pray for us, Blessed Rosalie.



CORRECTION: SERVANT LEADERSHIP TRAINING IS ON FEBRUARY 25



You might have seen in this week's Contemplation email information about our upcoming "Finding Servant Leaders: Recruitment and Succession" training. To clarify, the training will be taking place on **Wednesday, February 25** (not the 26th – our apologies for the confusion). You'll also find the event link in the calendar below.

We look forward to seeing you there!

[Register here...](#)

UPCOMING EVENTS

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

Tuesday, February 10 through Thursday, February 12
[Spiritual Advisor Formation & Training](#)

Thursday, February 12 at 10:30am CDT
[Workforce Development Webinar – Using AI Tools for Resume Optimization](#)

Thursday, February 19 at 2:00pm CDT
[Voice for the Poor Third Thursday Webinar](#)

Wednesday, February 25 at 7:00pm CDT
[Finding Servant Leaders: Recruitment & Succession](#)



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