



# Frédéric's 5

5 Things You Need to Know

Simplicity · Humility · Gentleness · Selflessness · Zeal

MARCH 5, 2026



John Berry  
National President

## How Is YOUR Lent Going?

On the First Sunday of Lent, my Pastor, Fr. Eric, began Mass with the question, "How's your Lent going?" It's a question we ask often this time of year, and it's worth pausing to really answer it. Lent is a sacred invitation to go into the desert with Christ; to fast, pray, and face our temptations honestly. Those forty days in the wilderness were not just about hunger or isolation; they were about clarity. Jesus confronted the temptations that could have drawn Him away from His mission. During the liturgical Lenten season, each of us is asked to do the same: to see what distracts us, what drives us, and what tempts us to rely on our own strength instead of God's.

[Read more...](#)

## THIS WEEK'S FEATURE: ADVOCACY

### Faith In Action: Confronting Food and Housing Insecurity

*By Ingrid Delgado, National Director of Public Policy & Advocacy*

Vincentians know Matthew 25 well. In verses 31-46, Jesus teaches us that feeding the hungry, giving drink to the thirsty, welcoming the stranger, clothing the naked, caring for the ill, and visiting the prisoner are the criterion of judgement that will determine if we enter the Kingdom of God for eternal life. In fact, whatever we do (or don't do) for one of the least of Jesus' brothers, we did (or didn't do) for Him. This, of course, is a core part of the Vincentian mission.



But what do we do in a time and in a country in which almost **48,000,000** people are food insecure and in which over **37,000,000** households are cost-burdened, paying over 30% of their income on housing? These staggering numbers challenge us to go beyond the work of charity and promote a more just society.

[Read more...](#)

NATIONAL PRESIDENT JOHN BERRY FEATURED ON CFN LIVE



John Berry, our National President, was recently featured on Catholic Faith Network (CFN) Live. He discussed SVdP's position on the [Forbes 2025 Top 100 Charities list](#), as well as SVdP's overall mission of service to the poor and how communities can get involved.

[View segment...](#)

## HELP US TELL YOUR STORY



Have you recently gone on a Home Visit that changed your perspective on those experiencing poverty or homelessness? What about when you served at your local SVdP food pantry? Do you know someone who has benefitted greatly from your thrift store — whether they're an employee, volunteer, or someone in need?

We want to hear about your experiences as Vincentians and amplify your story on National's website and social media. If you think you have a compelling story for us, please send an email to [stories@svdpusa.org](mailto:stories@svdpusa.org).

## UPCOMING EVENTS

**Thursday, March 12 at 7:00pm CDT**  
[SVdP Youth and Young Adult Hangout](#)

**Monday, March 16 at 12:00pm CDT**  
[Getting Ahead Practitioner Call](#)

**Tuesday, March 17 at 7:00pm CDT**  
[Vincenian Friendship and Community Shared Interest Groups \(SIG\) Meeting](#)

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

**Tuesday, March 24 at 7:00pm CDT**  
[Vincenian Friendship and Community Multicultural & Diversity Committee Meeting](#)

**Wednesday, March 25 at 7:00pm CDT**  
[Resolving Conflicts](#)

**Thursday, March 26 at 7:00pm CDT**  
[Conference Coaches' Call – YYAEL](#)

**Wednesday, April 1**  
[Getting Ahead 101 - First Session \(1:30 p.m. CST\)](#)  
[Getting Ahead 101 - Second Session \(6:30 p.m. CST\)](#)



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