



# Frédéric's 5

5 Things You Need to Know

Simplicity · Humility · Gentleness · Selflessness · Zeal

MARCH 12, 2026



## "No" Is Not in the Vincentian Vocabulary

My 91-year-old father recently told me the older you get the faster time flies by. The Lenten Season is a special time for all of us Vincentians. That is why it's important that we cherish this precious time to reflect on our spiritual lives.

I often say to myself, "How am I growing?" Sometimes I love my answer and sometimes I am disappointed. Lent gives us time to reflect on how we are doing spiritually in this light-speed world we live in.

[Read more...](#)

## WOMEN'S HISTORY MONTH FEATURE

### A Place for Her at SVdP: Sheila Gilbert

***How SVdP's first woman National President transformed the organization***

Long before women formally held national leadership roles in the Society of St. Vincent de Paul, they were already deeply woven into its mission – serving neighbors in need, organizing charitable works, and quietly strengthening the Society's spiritual foundation. Over time, that commitment helped open doors for women to shape the Society at every level.



Few leaders embody that evolution more than **Sheila Gilbert**, who became the first woman elected National President of the Society of St. Vincent de Paul USA in 2011. Leaders like Gilbert have paved the way for the Society to be able to serve an average of 5 million vulnerable individuals nationwide each year. [Read more...](#)

## SVDP AUTO DONATION PROGRAM HELPS FAMILY IN NEED

When Jillian, a mother of three, lost her job and car, everyday tasks became unmanageable. Thanks to SVdP's Auto Donation Program, Jillian received a car through the Society of St. Vincent de Paul of Contra Costa County, helping her regain stability for herself and her family.

"With this car I can find a better job, I can be there for my kids. And gosh, I can go grocery shopping without having to take the bus," said Jillian.

[Read Jillian's story...](#)



## 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**  
[Vincentian 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**  
[Vincentian 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](#)



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Society of St. Vincent de Paul USA | 66 Progress Parkway | Maryland Heights, MO 63043 US

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