



# Frédéric's 5

5 Things You Need to Know

Simplicity · Humility · Gentleness · Selflessness · Zeal

MARCH 19, 2026



## In the Spirit of Frédéric: Charity Rooted in Truth

As I write this, I'm just back from several days in Paris at the international headquarters of the Society of St. Vincent de Paul. It was a grace-filled visit in many ways, but one moment in particular has stayed with me, and I'd like to share it with you because I think it speaks directly to our Vincentian vocation today.

During the trip, I had the joy of returning once again to the tomb of our founder, Blessed Frédéric Ozanam, in the crypt of the Church of Saint-Joseph des Carmes. [Read more...](#)

## WOMEN'S HISTORY MONTH FEATURE

### A Place for Her at SVdP: Irene Frechette

#### *Opening the Door to a Lifetime of Service*

Women have always been part of the Society of St. Vincent de Paul's mission – serving families experiencing homelessness and poverty, organizing charitable efforts, and supporting Vincentian works in countless ways. For many years, however, their contributions often took place quietly behind the scenes.



**Irene Frechette**, a Vincentian of more than 50 years and former National Vice President for the Northeast Region of SVdP, remembers exactly when that began to change. A moment in time was all it took for Frechette to pave the way for women to become official members of SVdP and eventually lead. [Read more...](#)

## 89-YEAR-OLD WOMAN VOLUNTEERS HER TIME IN MEDFORD, N.J.

*By 6 ABC Action News*

MEDFORD, New Jersey (WPVI) -- At 89-years old, this volunteer has been up and down the aisles of her local thrift store.

With all the store's proceeds benefitting the St. Vincent De Paul Society in Medford, she knew her work was making a difference.



After 28 years of involvement, Claire Carlyle finds the work serves her, just as much as it serves others. [Read more...](#)

## NATIONAL PRESIDENT JOHN BERRY FEATURED IN INDEPENDENT SECTOR

In a recent Q&A with Independent Sector, National President John Berry shared how the Society of St. Vincent de Paul continues to meet people where they are – through personal encounters that offer not just material assistance, but dignity and human connection. Berry also highlighted SVdP’s expanding advocacy efforts, national impact, and the vital role partnerships play in building a stronger, more compassionate future for all. [Read more...](#)

### Independent Sector

### UPCOMING EVENTS

**Friday, March 20 at 12:00pm CDT**  
[Reentry Shared Interest Group Call](#)

**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](#)

**Thursday, April 9 at 10:30am CDT**  
[Workforce Development Shared Interest Group Webinar](#)

**Thursday, April 9 at 7:00pm CDT**  
[SVdP Youth and Young Adult Hangout!](#)

**Wednesday, April 15, and Thursday, April 16**  
[April 2026 National Board Meeting](#)



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