



SOCIETY OF SAINT VINCENT  
DE PAUL INTERNATIONAL  
COUNCIL GENERAL

INTERNATIONAL TRAINING  
**EFFECTIVE LOVE**  
IN THE SOCIETY OF  
SAINT VINCENT DE PAUL



# How to practice effective love in the Society of Saint Vincent de Paul



# CONTENTS

- 1 THE TWO NETWORKS OF CHARITY
- 2 INTERNAL NETWORK: LOVE OUR FELLOW MEMBERS AND THE SOCIETY
- 3 EXTERNAL NETWORK: LOVE “OUR MASTERS THE POOR”
- 4 LOVE IN ALL ASPECTS OF OUR LIFE

In the Society of Saint Vincent de Paul, we must practice “effective love” inside and outside our organisation.

These are **the two networks of Vincentian Charity.**





## THE TWO NETWORKS OF CHARITY

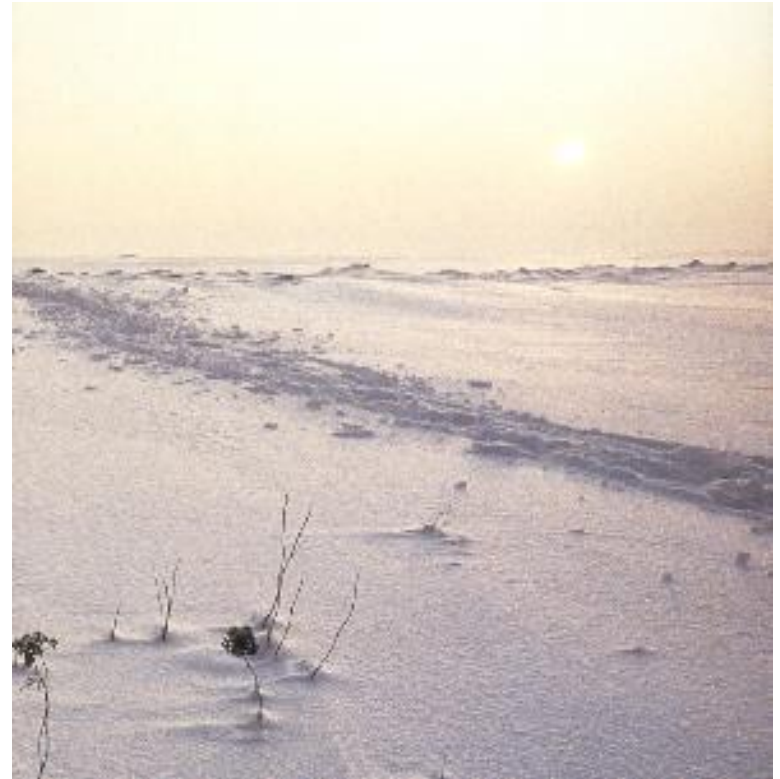


“Anyone who needs me, and whom I can help, is my neighbour”.

**So my neighbour is you**, and through you, all human beings.

In his letter to the Galatians, St Paul tells us: *“Whenever we have the opportunity, let us do good to all, and especially to those who belong to the family of believers”* (Gal 6, 10).

Throughout our lives, we all pass through deserts and oases. And we need each other.



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## LOVE OUR FELLOW MEMBERS

“Effective love” is shown in the way we act towards our fellow members. This is how we can express this love.

- Being interested in the other person
- Being attentive to the issue of loneliness, to problems among close family or friends.
- And especially attending to non-verbal prompts: sad looks or smiles, discouragement, silence.



## LOVE THE SOCIETY

In order to put into effect the love we have for our organisation, we must:

- Know it
- Accept its mistakes and try to correct them
- Never speak badly of it
- Take part in its fraternal life
- Talk about what the Society of Saint Vincent de Paul is and does
- Be prepared to make sacrifices for the organisation



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### 3 EXTERNAL NETWORK LOVE “OUR MASTERS THE POOR”

In the Society, “effective love” is also expressed outside the organisation, in relationships we have with our most disadvantaged brothers and sisters, people in need.



## HOW TO LOVE IN TRUTH

- Recognising the face of God in people in need
- Understanding that the deepest cause of suffering is the absence of God
- Humbly approaching those we are helping
- Bringing them affection, expressed by small acts of kindness:
  - Calling a person by his or her name
  - Asking how they are, and not just what they need
  - Letting them speak, and listening to them
  - Noticing the good things they have done, and forgetting the bad.
  - Embracing not only the body but also the soul of the person
  - Making them laugh if possible

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## VINCENTIAN LOVE

Being a Vincentian is a vocation, a way of life, which commits us to practising love in every aspect of our life.

- Loving ourselves
- Loving our family
- Our friends
- Our comrades
- Our neighbours
- People we don't know



And of course, loving all those who have the most need of concern and love.

## HOW TO LOVE

We have to:

- love with humility with simplicity
- love with gratitude, giving of ourselves to others
- love without being vain about it.

Everything is grace

- love with trust. Knowing we are the instruments of the One who can do ALL.

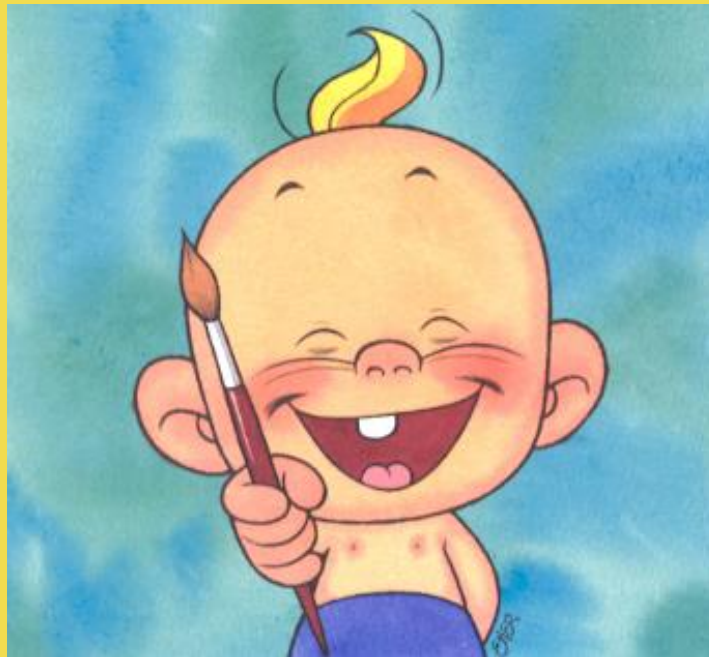
Love and pray. In prayer, we will find strength. It's never a waste of time to pray. Piety in no way diminishes the fight against poverty.



**"Give me a man of prayer, and he will be able to do anything".**

St Vincent de Paul

*Thank you so  
much*



**ALWAYS BE WELCOMING**