



St Vincent de Paul Society
good works

PEACE OUT

A Collection of Spiritual Reflections for Young People
ISSUE 5



WWW.VINNIES.ORG.AU

Introduction

This Collection of Spiritual Reflections is a resource for Vinnies Young Adult members, groups, conferences and volunteers. It is also for teachers to share with members of St Vincent de Paul Conferences, Social Justice Groups or Religious Education classes within their schools.

These reflections have been prepared for young people to take some time out to reflect on different areas of life and look at them from a Christian and particularly, a Vincentian viewpoint. Each reflection is based around a theme and contains a reading, discussion questions or activities.

We hope you find this collection of Spiritual Reflections a useful resource and that you take the opportunity to allow yourself and your group some 'time out.'

If you would like a version of this publication that would reproduce well on a photocopier, please visit www.vinnies.org.au/youth-resources-nsw.

Peace Out Issue 5

A Collection of Spiritual Reflections for Young People St Vincent de Paul Society NSW, Youth and Young Adults.

For more information: youth@vinnies.org.au or go to www.vinnies.org.au

The spiritual reflections in this resource have been written and/or compiled by Vinnies Youth members and staff.

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Our Mission

The St Vincent de Paul Society is a lay Catholic organisation that aspires to live the Gospel message by serving Christ in the poor with love, respect, justice, hope and joy and by working to shape a more just and compassionate society.

Our Vision

The St Vincent de Paul Society aspires to be recognised as a caring Catholic charity offering ‘a hand up’ to people in need. We do this by respecting their dignity, sharing our hope and encouraging them to take control of their own destiny.



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A conversation with God ...

Find a place where you can be still. Use whatever will help you to prepare for your prayer time. If you like, play some music or if you prefer sit in silence. In the presence of your loving Creator, look honestly at your feelings over the last day, the highs, the lows and the level ground.

Can you see where the Lord has been present?

What are the reasons you have to give thanks?

Which situations are you aware of that need God's care and protection? Offer all these to God who accepts our thanksgiving and hears our prayers. Talk to God ... about what is in your heart right now.

Sheila Cassidy talks about the value of time. Sheila Cassidy worked as a doctor in Chile during the Pinochet regime. Sheila experienced and observed violence and human rights violations during the reign of the regime however during these testing times she also knew the power of prayer. Sheila drew her courage and strength from her prayers, she writes of the hope this gave her in her book, *Prayer for Pilgrims*.

As a doctor Sheila gave medical care to political opponents of the regime. She was arrested by the Chilean Police and was kept in custody without trial where she was tortured for information about her patients. When she was released she brought attention to the human rights abuses that were occurring at the time in Chile. Sheila explains the value of time. "One of the break-throughs that I have experienced in the understanding of prayer is the significance of 'wasting' time. One day I was working at a boring job and a friend came to join me. He loitered about for nearly an hour, perched on the edge of the table and talked occasionally of nothing in particular.



When he had gone I was filled with a special joy because I realised that he had deliberately wasted an hour with me; it was not that we were discussing something of importance or that I needed consoling: it was a pure and unsolicited gift of time.

If we think about it, for busy people time is often the most precious thing they have to give.

Doctors, priests, those who counsel, will always 'spend' time with those in need. They may sit up all night with someone who is distressed; they may pass long hours in listening to problems, or in giving advice; but this is all time deliberately spent. We only deliberately waste time with those we love - it is the purest sign that we love someone if we choose to spend time idly in their presence when we could be doing something more 'constructive'. And so it is with prayer; there is a very real sense in which prayer is a waste of time ... it is the purest sign of our love for God that we are prepared to 'waste' our time with him".

From *Prayer for Pilgrims* by **Sheila Cassidy**

Everybody, Somebody, Nobody and Anybody

Once upon a time, there were four people named Everybody, Somebody, Nobody and Anybody.... When there was an important job to be done, Everybody was sure that Somebody would do it. Anybody could have done it, but Nobody did it. When Nobody did it, Everybody got angry because it was Everybody's job. Everybody thought that Somebody would do it, but Nobody realised that Nobody would do it. So it ended up that Everybody blamed Somebody when Nobody did what Anybody could have done in the first place!

By **Chris Osgood**

*taken from 'Spiritual Reflections' –
Compiled by **St Vincent de Paul Society,
Parramatta Diocese, 2003**

REFLECTION QUESTIONS

- Which of the people featured in the story do you associate with the most?
- Which person do you feel you need to challenge in your life?
- What are some actions you can take to change this?

In our backyard

REFLECTION QUESTIONS

- How does this poem challenge your perception of those experiencing homelessness?
- Are you challenged to see God in the people that we meet?
- What makes you comfortable/challenged with the idea of seeing God in the person described in the story?

Where is he today?

He is black

And beat

To pulp on the King's Cross street.

He falls off the toilet seat

Dead

With needle marks in his arms

He stands on a corner, wine-soaked.

He is twenty people living in one tenement room

He is ten persons living in a ghetto shack.

He is this and more.

Do not be afraid of him!

He is a woman, old and wrinkled and dirty and

Smelling of wine.

With sneakers and torn sweater and a

Handbag cracked and torn.

Smoking a just rolled cigarette.

Do not be afraid of his language

Or the look of him

Or the smell of him

He is your God.

*Adapted from Listen Pilgrim, **Christopher Jones**.



A Pebble

Drop a pebble in the water: just a splash,
and it is gone;
But there's half-a-hundred ripples circling on
and on and on,
Spreading, spreading from the centre,
flowing on out to the sea.
And there is no way of telling where the end is
going to be.

Drop a pebble in the water: in a minute you forget,
But there's little waves a-flowing, and there's
ripples circling yet,
And those little waves a-flowing to a great big
wave have grown;
You've disturbed a mighty river just by
dropping in a stone.

Drop an unkind word, or careless:
in a minute it is gone;
But there's half-a-hundred ripples
circling on and on and on.
They keep spreading, spreading, spreading
from the centre as they go,
And there is no way to stop them, once you've
started them to flow.

Drop an unkind word, or careless:
in a minute you forget;
But there's little waves a-flowing,
and there's ripples circling yet,
And perhaps in some sad heart
a mighty wave of tears you've stirred,
And disturbed a life was happy ere you dropped
that unkind word.

Drop a word of cheer and kindness:
just a flash and it is gone;
But there's half-a-hundred ripples
circling on and on and on,
Bearing hope and joy and comfort on each
splashing, dashing wave
Till you wouldn't believe the volume of the one kind
word you gave.

Drop a word of cheer and kindness:
in a minute you forget;
But there's gladness still a-swelling,
and there's joy circling yet,
And you've rolled a wave of comfort whose sweet
music can be heard
Over miles and miles of water just by
dropping one kind word

By **James W. Foley**

REFLECTION QUESTIONS

- How often do you stop and think about the consequences or positive outcomes of your actions?
- What effect do you think your work with the Society has had on those you assist?

Faith Must Be Lived

A rabbi and a soap maker went for a walk together. The soap maker said, “What good is religion? Look at all the trouble and misery of the world after thousands of years of teaching about goodness, truth and peace – after all the prayers, sermons and teachings. If religion is good and true, why should this be?”

The rabbi said nothing. They continued walking until he noticed a child playing in the gutter. Then the rabbi said, “Look at that child. You say that soap makes people clean, but see the dirt on that youngster. Of what good is soap? With all the soap in the world, the child is still filthy. I wonder how effective soap is after all.”

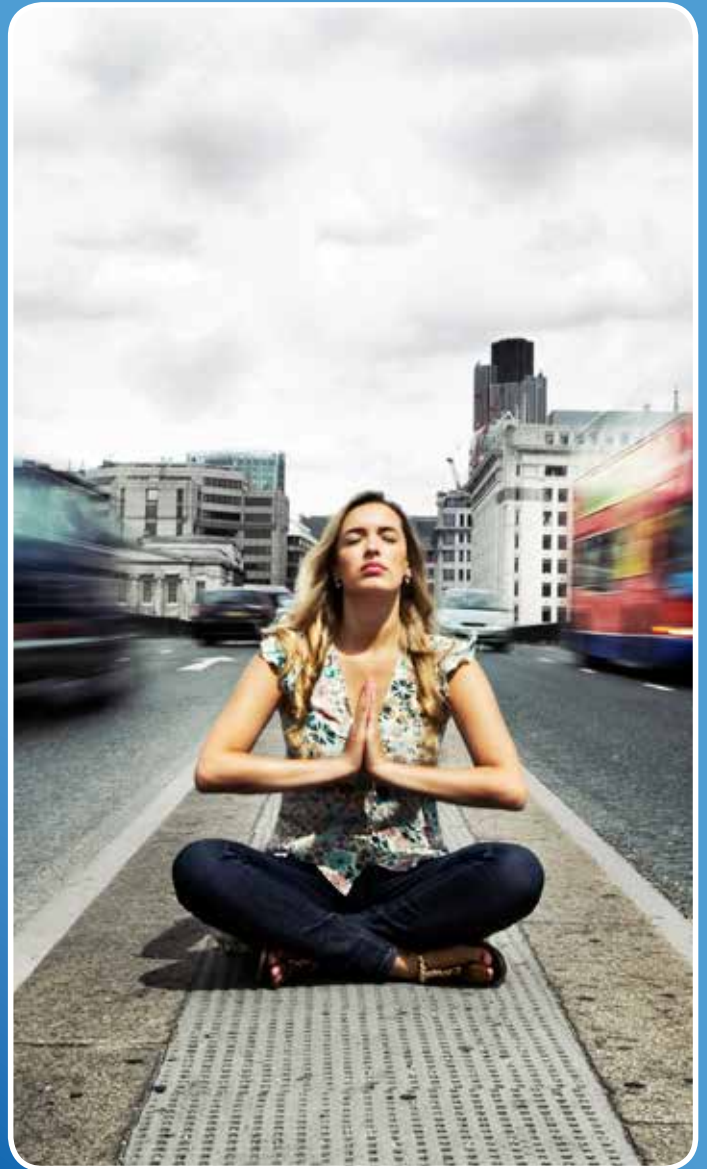
The soap maker protested and said, “But rabbi, soap can’t do any good unless it is used.”

“Exactly,” replied the rabbi. “So it is with Judaism or any other religion. It is ineffective unless it is applied and used.”

*Taken from ‘Stories’ Vinnies Reflection Resource 2008

REFLECTION QUESTIONS

- Do you regularly keep your faith in “use”?
- How can you better “use” your faith and values in your life?



Inspiration from Society Founders

“If we are really called to carry the love of God far and wide, if we are to inflame the nations with this fire, if we have the vocation of setting the whole world on fire, if it is so, then how much I must myself burn with this fire”

St Vincent de Paul

REFLECTION QUESTIONS

- What makes you want to set the whole world on fire?
- What issues are you really passionate about?
- Where do you get your energy to try and change the world?

“Christianity is not about ideas but about deeds inspired by love”

BI Frederic Ozanam

REFLECTION QUESTIONS

- Is love and compassion more important than physical assistance? Why / Why not?
- Can we help those who need assistance if we don't respect and love them?
- What difference does it make?

REFLECTION QUESTIONS

- What are the 'deeds' or works that you do to live out your Christian faith?
- How does your faith provide a foundation for the work you do?
- Are 'deeds' equally valuable when they are not inspired by love?
- Are 'deeds' still Christian if they are not inspired by love?

“Be kind and love, for love is your first gift to the poor”

BI Rosalie Rendu

Making Connections

ACTIVITY

1. Working in groups of three or four. Read the following Gospel passages and quotes.
2. Then discuss with the group your thoughts, feelings and reactions.
3. Then, on your own, write your personal experiences as a young person that relate to those same passages.

COMPASSION

Matthew 9:36
Mark 1:40-42

“To feel the pain of another”

“It is our duty to prefer the service of the poor to everything else and to offer such service as quickly as possible.”

St Vincent de Paul

SOCIAL JUSTICE

James 2: 15 -17
Micah 6:8

“Justice demands a consecration of each one for the welfare of all and especially for the protection of the weak.”

Frederic Ozanam

INCLUSIVENESS

“To respond to the needs of the individuals”
John 4:1-10

“It is a struggle between those who have nothing and those who have too much. The violent clash of luxury and poverty is shaking the ground under our feet.”

Frederic Ozanam



REFLECTIONS

SELF-CENTRED – Write down the ways you focus only on yourself, on your needs and desires, throughout the day/month/year.

CHRIST-CENTRED – Write down all the ways you focus on the needs of others, how you gave yourself to others, throughout the day/month/year.

Some role models you could look at – Frederic Ozanam, St Vincent de Paul, St Louise de Marillac and Mother Teresa.



Reflection on the story of the Good Samaritan

The story of the Good Samaritan is one of the many inspiring stories in the gospel. If you happen to see the tomb of Frederic Ozanam you will find a painting of the story of the Good Samaritan around the background of the tomb. If you ever heard the story of the Good Samaritan you will know that the Samaritan helped a man who had been attacked by robbers and left for dead. Unlike the priest and the Levite, the Samaritan helps the poor man.

Frederic Ozanam and St Vincent De Paul were both like the Good Samaritan. They did not ignore the disadvantage they saw as the priest and the Levite did. Instead they acted as Jesus would have and helped the person in need. Frederic Ozanam and the Society's members, volunteers and staff work together to address needs within local communities.

The story of the Good Samaritan is an inspiring story of charity and different paths individuals can decide to take when confronted with disadvantage and need. For all Vincentians this story should guide our daily actions and decisions and not ignore a need when we see it.

Luke 10: 25-37

by **St Vincent de Paul Society,**
State Youth Team, 2011



Home



When a young Sudanese boy Abdul said to his little sister they were going home from a Vinnies Camp soon his little sister replied: “What do you mean ‘home’?”

In the eyes of a small child expressions such as this can be taken as literal and affected by individual values and life experiences of their “home”.

The word “home” has many meanings; in sport it means ‘a place where a player is safe from attack’ such as home base in baseball or a ‘home’ game is using your own grounds rather than travelling to the other teams.

In search and rescue it can mean zooming in and narrowing in on the targeted location.

At the St Vincent de Paul Society we do “home” visitation in which we visit those we serve face-to-face in the place where they reside, this can be a hostel, aged care facility, university campus... sometimes even detention centres and prisons. What looked like an obvious expression from Abdul, which was not really open to multiple interpretations all of a sudden takes on so many different meanings and colours.

Take a moment to think about where home is for you. Can you think of where this little girl was imagining when she was asked this question? Do you know the answer she hoped for?

Think about your own faith and place of nourishment; where would you say your beliefs are most at home?

Quietly write or draw a prayer for all those who are your “home”. Thank the Lord, for giving you this place to feel safe, warm and comforted and pray for the thousands who are “home”less tonight. Where do their hearts call “home”?

“If the home is deserving, let your peace rest on it; if it is not, let your peace return to you”

Matthew 10:13

by **St Vincent de Paul Society,
State Youth Team, 2012**

The inestimable worth of each human being

Frederic Ozanam was a man convinced of the inestimable worth and value of people which spurred him on to serve the poor of Paris. Through the St Vincent de Paul Society, his legacy continues to the present day. In Paris he studied law at the University of Sorbonne. When certain professors there mocked Catholic teachings in their lectures, Frederic defended the Church. Frederic organised a university discussion club. In this club Catholics, atheists and agnostics debated the issues of the day. Once, after Frederic spoke on Christianity's role in civilization, a club member challenged Frederic saying:

Let us be frank, Mr. Ozanam; let us also be very particular. What do you do besides talk to prove the faith you claim is in you?

Frederic was stung by the question and decided that his words needed grounding in action.

Frederic is an outstanding model of putting faith into action, especially in service of the poor. Understanding that being Vincentian is not about the clothes you wear or the title before your name. It is about serving those who are marginalised and experiencing disadvantage.

The St Vincent de Paul Society holds the inestimable value of people at the centre of our work. Inspired by the compassion of Jesus Christ to all, Vincentians seek to be compassionate, kind and deeply reverent to all those they serve.

by **St Vincent de Paul Society,**
State Youth Team, 2011

REFLECTION QUESTIONS

How do you/we define or value, the worth of each individual human being?

Do you think that it is "inestimable"?

Why do we [Australians] continue to place certain groups/individuals above others, in terms of their worth in our society? (Think of marginalised groups across our nation, why do they remain outcast?)

What do you, your community, your peers do "besides talk"? How are you serving the poor and disadvantaged?

Can you think of positive examples of "faith in action"? Why are they outstanding?

Are they Vincentian by nature?



LOL, TTYL and FYI.

As technology advances further and further it has begun to dictate not only how we communicate with each other (method) but also the way we communicate.

Text messaging provides the instant gratification of feedback and praise from a friend with an emoticon 😊;??? or we all know the usual **LOL**, **TTYL** and **FYI**.

When Frederic Ozanam said “embrace the world in a network of love” he had no idea we’d be sending virtual hugs and liking, pinning, tweeting and trending our joys and sadness across the world. He had no idea that in the 21st century the term “network” would have a whole different meaning that potentially means each and every person in the world is only a few cables and an internet connection away.

While there are many positives of such ease of access to communication such as organising social events, remembering birthdays and tweeting celebrities there are also the downfalls which can have drastic consequences.

The impact of your words can either be positive and build people up or negative and tear people down. Sometimes we don’t realise the impact our words on social networks can have. Social media has its own set of social rules and language. However the instant nature of social media can result in less respectful interactions than face to face communication.

Before we send an email, write something on someone’s wall or tag someone in a tweet we must stop and THINK.

REFLECTION QUESTIONS

- What impact either negative or positive might this comment, post or tweet have on the individual or others who view these?
- Could my comments etc. be seen by someone as cyber bullying?
- Could this post be offensive?
- A comment or post that we believe is funny or a personal joke by one person could offend someone else.

T - Is it the Truth?
H - Is it Helpful?
I - Is it Inspiring?
N - Is it Necessary?
K - Is it Kind?

If you are experiencing cyber bullying; don’t think it will just go away or need to talk to someone. Reach out to friends, have some laugh with those around you and most importantly talk to someone.

You can also call the Kids Help Line for Teens if you would like to talk to a professional counsellor about these issues.

<http://www.kidshelp.com.au/teens/>

In the Corinthians God speaks to His people reassuring them that when they are experiencing hard times and others are unkind to them His power of comfort, strength and guidance is at its strongest and most perfect.



It's almost like God powers up when people are being unjust to others. He stands by the person suffering and believes in them and that they deserve better.

God becomes a positive light within us and we are the ones who need to harness that light and take action.

Following the example of God Blessed Frederic Ozanam, cofounder of the St Vincent de Paul Society said; "Charity is the Samaritan who pours oil on the wounds of the traveller who has been attacked. It is justice's role to prevent the attack."

Corinthians 12:9-10

"But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong."

PRAYER

Dear God,

Be the strength in other's words that they may be kind and honest with no intent to steal the spirit of others.

Be the strength in my words that they do not willingly hurt others just as I have wished them not to hurt me.

It comforts me to know that You have such far-reaching, kind-hearted, Fatherly love for us.

Even in this networked world we live in Your love knows no limit.

Help me keep logged into Your powerful love and signed out from harshness to others.

Amen.

Author unknown.

Switching off technology activity:

Sometimes we get so caught up in online life that we forget to enjoy and experience things around us and connect with our friends and family. Give yourself some time to enjoy life through taking the switch off technology challenge.

1. Make one day a week your "switched off" day. That means phones are on silent, no facebook or instant messaging (you can check it occasionally in case it's something important but no unnecessary replies); close your laptop and sit with a family and friends.

Talk to your parents about the ways they communicated with friends and organised social events when they were young. You'd be surprised how much more you can get done in just one 'switched off' day.

2. Around or on your computer and phone wallpapers place words and quotes to keep you positive and mindful of how you talk to others online.

Maybe write your own THINK formula and keep it near your computer

3. Think about a time you may have felt persecuted or insulted by other's actions and words. How did you feel? Keep this in mind and remember that not only is God's power felt in all its perfections during these persecutions but it can also be felt more as a nudge to be kind and to THINK before we speak.

by **St Vincent de Paul Society,**
State Youth Team, 2012

Recipe for a Loaf of “Vinnies Homemade Bread”

Mix together all the thoughts that you have heard during our time together.

Add the yeast of your own desire - that strong desire to serve the poor.

Moisten the mixture so that it will be drawn together in order to get it in shape for the moulding of your daily life in the future.

Knead the mixture well! Keep working at it until you feel that the lump has been saturated not only with your strong desire but with your determination to serve those in need.

Leave the mixture to set a while: In quiet prayer before the Lord, ask for the courage to serve those in need.

The dough will rise in proportion to the strength of your desire and the consistency of the mixture.

Then bake your loaf! Have the temperature just right and wait to see what happens.

Taste it - has it come up to your expectations?

Share it and pass it on! That's your contribution to the Society. If each of us bakes and share our loaf, the homemade bread will never run out.

*taken from 'Spiritual Reflections' –
Compiled by **St Vincent de Paul Society,**
Parramatta Diocese 2003



The Heart of Success: Commitment

A young woman lost in the desert made her way to an old weather-beaten, abandoned, home in the distance. Searching for water, she came upon a pump outside the house and began pumping furiously for water. After several attempts and seeing nothing flowing, her eye saw a small jug topped with a cork and a hastily scribbled note underneath. “You have to prime the pump with water first. When you’re finished, refill the jug for someone else.”



The young woman sat and pondered her options. If she drank the water, her thirst would be gone, but if she followed the note’s instructions, all the water could be lost on a pump that might not work. Sweating profusely, she listened to her frightened pounding heart and chose to...

Inside each of us is a person who wants something. Like the woman we can drink from the jug ensuring primary satisfaction or we can choose to prime the pump, helping ourselves and those likely to follow. Similar to the young woman, we have to decide and then commit to a plan of action. Then you will see your life shift and begin to move as magic unfolds. If you’re in sync with your greatest purpose, it’s your destiny to succeed.

...and chose to pour the entire jug of water down the rusty pump and furiously pumped! After some time water gushed forth. She was so grateful, she corked that jug after filling it full again. Then added these words to the note: “Just do it. It really, really works!”

National Storytelling Network newsletter

By Angela Davis



The scorpion and the old man



One morning, after he had finished his meditation, the old man opened his eyes and saw a scorpion floating helplessly in the water. As the scorpion was washed closer to the tree, the old man quickly stretched himself out on one of the long roots that branched out into the river and reached out to rescue the drowning creature. As soon as he touched it, the scorpion stung him. Instinctively the man withdrew his hand. A minute later, after he had regained his balance, he stretched himself out again on the roots to save the scorpion. This time the scorpion stung him so badly with its poisonous tail that his hand became swollen and bloody and his face contorted with pain.

At that moment, a passerby saw the old man stretched out on the roots struggling with the scorpion and shouted: “Hey, old man, what’s wrong with you? Only a fool would risk his life for the sake of an ugly, evil creature. Don’t you know you could kill yourself trying to save that ungrateful scorpion?”

The old man turned his head. Looking into the stranger’s eyes he said calmly, “My friend, just because it is the scorpion’s nature to sting, that does not change my nature to save.”

Retold by Henri Nouwen

<http://www.hsuyun.org/index.php/features1/dharma-teachingstories/569-scorpion.html>



The Story of the Cracked Pot

An elderly Chinese woman had two large pots, each hung on the ends of a pole, which she carried across her neck. One of the pots had a crack in it while the other pot was perfect and always delivered a full portion of water, at the end of the long walk from the stream to the house, the cracked pot arrived only half full.

For a full two years this went on daily, with the woman bringing home only one and a half pots of water. Of course, the perfect pot was proud of its accomplishments. But the poor cracked pot was ashamed of its own imperfection, and miserable that it could only do half of what it had been made to do.

After 2 years of what it perceived to be bitter failure, it spoke to the woman one day by the stream. "I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house."

The old woman smiled, "Did you notice that there are flowers on your side of the path, but not on the other pot's side?" "That's because I have always known about your flaw, so I planted flower seeds on your side of the path, and every day while we walk back, you water them. For two years I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house."

Traditional

The moral of this story: Each of us has our own unique flaws. We're all cracked pots. In this world, nothing goes to waste. You may think like the cracked pot that you are inefficient or useless in certain areas of your life, but somehow these flaws can turn out to be a blessing in disguise. This kind of makes you proud of being a cracked pot, doesn't it? Look around and you will see all the lives that you have touched/watered.

But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding. You've just got to take each person for what they are and look for the good in them.



Those we serve?

When you hear the words 'serve', 'serving' and 'service' what do they bring to mind?

What do you think they mean in relation to our work in Vinnies?

It can be a humbling experience to bring a smile to a young child's face, teach someone a new skill that they will have with them for the rest of their lives or witness a mother's overwhelming sense of gratitude for the positive changes she can see in her child.

But to say we are "serving" children, parents, schools, neighbours, those in need of compassion, assistance and friendship and people we have not met before; how does this make us feel?

We hope that we are able to say to our participants on our Vinnies Programs, people that we visit; whomever they may be; "how can I serve you?"

Just as Jesus asked the blind man in Mark:10!

Although Jesus had a big crowd of followers already; He didn't feel too proud to stop, talk to the beggar and ask him what he would like. He didn't assume He knew what the blind man wanted, He didn't ignore his cries.

It is important that we know, live and understand our own conviction just like we do with prayers.

Take a look around you today; think of all the places we are served in our lives: the post office, cafes, restaurants, waiting at the doctors, calling a customer service helpline, maybe even getting a facial!

Think about how you ask for what you want and what you might think of the person at the time you are asking.

REFLECTION QUESTIONS

Do you even think about them at all?

Do you just ask, take what they give you and leave?

Do you make the effort to always ask kindly, politely with patience and 'please' and 'thank you'?

Do you sometimes get agitated when your needs are not met or you don't receive exactly what you asked for?

How is their role in the transaction different to yours?

Then put yourself in that person's shoes. Think of times you may have worked in a hospitality/customer service role; how did you perceive the person you were "serving"? Did you feel equal, appreciated and rewarded?

Those who benefit from our time; talents and gifts that we donate in our Vincentian works are special, as are we.

Spend time today being mindful in how you ask others for a service; goods or just a listening ear. Also be mindful of how you interact with others. Always take time to stop and think of ways your words or responses can better reflect your values and this idea of service.

by **St Vincent de Paul Society,**
State Youth Team, 2012

“To Believe”

Before I lay me down to rest
I ask the Lord one small request
I know I have all I could need
But this prayer is not for me
Too many people on this day
Don't have a peaceful place to stay
Let all fighting cease that your children
may see peace
Wipe their tears of sorrow away

(chorus)

To believe in a day
When hunger and war will pass away
To have the hope amidst despair
That every sparrow's counted
That you hear each cry and listen to each prayer

Let me try always to believe
That we can hear the hearts that grieve
Please help us not ignore
The anguished cries of the poor
Or their pain will never leave

When hunger and war will pass away
To have the hope amidst despair
That every sparrow's counted
That you hear their cries and listen to each prayer

Father, as you see, I'm just a child
And there's so much to understand
But if Your Grace should surround me
Then I'll do the best I can

I promise, I'll do the very best I can
To believe in a day
When hunger and war will pass away
To have the hope amidst despair
That every sparrow's counted
That you hear each cry and listen to each
Prayer {Hear each cry and listen to each prayer}
Help us do Your will oh Father
In the name of all that's true
And we'll see in one another
The loving image of You

By Jackie Evancho-Dream With Me 2011

Listen to this song on Youtube

REFLECTION QUESTIONS

- What line remains with you/ speaks to you? and why?
- Do you/ Can we believe in a world described in the song?
- What does this song mean for Vincentians? What must we do?

“You got the love”

Sometimes I feel like throwing
my hands up in the air
I know I can count on you
Sometimes I feel like saying “Lord I just don’t care!”
But you’ve got the love I need to see me through

Sometimes it seems the going is just too rough
And things go wrong no matter what I do
Now and then it seems that life is just too much
But you’ve got the love I need to see me through

When food is gone you are my daily meal, oh
When friends are gone I know my saviour’s
love is real
You know it’s real

You’ve got the love, you’ve got the love,
you’ve got the love
You’ve got the love, you’ve got the love,
you’ve got the love

Time after time I think “Oh Lord what’s the use?”
Time after time I think it’s just no good
‘Cause sooner or later in life,
the things you love you lose
But you got the love I need to see me through

You’ve got the love, you’ve got the love,
you’ve got the love
You’ve got the love, you’ve got the love,
you’ve got the love

You’ve got the love, you got the love,
you got the love
You’ve got the love, you got the love,
you got the love

Sometimes I feel like throwing
my hands up in the air
‘Cause I know I can count on you
Sometimes I feel like saying “Lord I just don’t care!”
But you’ve got the love I need to see me through

By **Florence and The Machine-
Lungs (Deluxe Version) 2009.**



REFLECTION QUESTIONS

- What line remains with you/ speaks to you? and why?
- Do you/ Can we believe in a world described in the song?
- What does this song mean for Vincentians?
What must we do?





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PEACE OUT

A Collection of Spiritual Reflections for Young People

Every day the St Vincent de Paul Society helps many thousands of people through home visitation, migrant and refugee assistance, hospital visitation, prison visitation, retail centres, sheltered workcentres, hostels for homeless men, women and children, overseas relief, disaster recovery, budget counselling and youth programs.

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