

St. Vincent DePaul

Wednesday—Food

BonJour. I am Vincent. I was born in 1581 in France. My parents were farmers and I was one of 7. I had 4 brothers and 2 sisters. My father sent me to school at the age of 15 by selling the family ox. He thought that if I could read and write, that I could become independent and be able to help support the family. I graduated with a degree in theology and was ordained in 1600. I then traveled to Marseille. On the way back from there, I was kidnapped by bandits and sold into slavery. I served as a galley slave for 2 years and eventually was aided by the wife of a slave owner to be released. She was a Christian. After my escape, I went back to Rome and studied there until I was sent back to France on a mission to King Henry IV of France. There I served as a spiritual advisor to several rich people.

In 1617 I founded the Daughters of Charity. This was a group of women from my parish who collected money to fund missionary projects like hospitals, care for war victims, and to buy galley slaves their freedom. I founded an order of priests that took vows of poverty. I also became a strong advocate for seminaries and theological training of priests. I am the patron of all works of charity and a foundation was started in my honor to help those who need assistance. Your own parish of St. Rita has a St. Vincent DePaul Food bank to help support those in need in your community.

Tomorrow we will have a contest to see who can be most like my Daughters of Charity. The team that brings the biggest pile of food to add to our food pantry will be the first to have games tomorrow!

I teach about caring for those in need.

Today, we will have foods that the poor of my time might eat to get by on. Watermelon, cucumbers, carrots. These foods are high in nutrients (that's the stuff that helps you grow and stay strong) and a few plants grow lots of crops or are very easy to grow.