

Vinspiration

Reflection Outline - St Vincent de Paul

1. Welcome...

Welcome to Vinspiration!

Thank you for choosing to take time to share in Vinspiration - our Vincentian story. Here you will have the opportunity to explore and share our Vincentian heritage as well as add to our Vincentian story.

This reflection may take the form of a small group or you may like to reflect at your own pace.

2. Preparation

To prepare for this Vinspiration on St Vincent de Paul you will need:

- DVD - "The Journey of Vincent". (approx 5 mins). This is available from <http://www.vincenter.org/vin-video.html>
- Vinspiration handout - St Vincent de Paul
- St Vincent de Paul handout -
A Person of the 17th Century
A Person for the 21st Century
This is also available in audio format via podcast at <http://mission.depaul.edu/podcast/podcastarchive.asp>

These are available in the reflection pack.

- Print the questions at the end of 'part 3 - Our Inspiration' and 'part 4 - In Our World Today' of this reflection outline. You can make one copy for all participants or have them as large questions in the middle of the room.
- You may choose to enlarge the quotes that appear on the Vinspiration handout or any extra quotes from St Vincent de Paul that you would like to share with the group.
- If you are using podcasts or visual media, ensure you have an ipod with speakers and/or computer and/or television and appropriate media player.
- Candle and material to prepare a sacred centrepiece.
- Appropriate quiet music and music player.
- DVD player and screen.

Whether you are in a small group or as an individual, enjoy this time in a relaxed atmosphere of prayer and sharing with others and especially with God.

When you are ready to begin, welcome everyone to this Vinspiration gathering where the Vincentian story will continue to be told.

Light a candle in the middle of your space to remember that Christ our Light is in everything we do. *"Where two or three gather in my name, there I am in the midst of them"* (Matt 18:20).

And as we gather in Christ's name, we also remember that each of us have been called by name for God. Take this time to share our name with each other.

3. Our Inspiration...

Our inspiration today is St Vincent de Paul. Let us take the time to reflect on the life of St Vincent de Paul and listen to what he has to share with us for our lives today.

You can begin the session by watching the DVD, "The Journey with Vincent".

Take some time to read through the following material

- Vinspiration - St Vincent de Paul
- St Vincent de Paul -
A Person of the 17th Century
A Person for the 21st Century

Use these materials to reflect on the person that was Vincent de Paul.

Spend some time reflecting and discussing lines or quotes that stood out for you and what they might mean.

For small groups, enlarge these quotes or additional words from St Vincent and place them in the middle of the group. Ask members to choose one that means something to them and share why this is so.

You may also like listen to material on St Vincent de Paul. Podcasts are available from <http://mission.depaul.edu/podcast/podcastarchive.asp> on the life of St Vincent de Paul and other Vincentian Saints.

Questions for Reflection on St Vincent de Paul:

- What qualities of St Vincent de Paul have made an impact on you?
- What stands out for you about the world in which Vincent lived?

*If in a small group,
you might like to have
a break at this point.*



St Vincent de Paul

4. In Our World Today...

This next part of our reflection will focus on St Vincent de Paul and his message for us in our world today - the 21st Century.

On your own or in your group, take time to go through some or all of the questions in "*Something to think about*" in the Vinspiration handout.

Ask members to respond to a question that stands out for them.

Further discussion can surround the following questions. Print these questions and have them available for members.

- How is St Vincent's world different to our world today ... or is it different at all? How does it 'fit' into our world today?
- "...shouldn't we, respond on the basis of our shared humanity in the same way as St Vincent did to what we can see?"
- With relation to the World Youth Day 2008 theme, "*You will receive power when the Holy Spirit has come upon you; and you will be my witnesses.*" (Acts 1:8) - how does St Vincent's example reflect this passage?
- What is the message that St Vincent has for you?
- What challenges has this reflection on the life of St Vincent de Paul presented for me?
- "What calls us today to actions of love and justice to transform our world?"
- What does it mean to be Vincentian?

Remember that this is a relaxed and prayerful atmosphere. Ensure members feel comfortable in their sharing.

All questions don't have to be asked or answered.

Let the Holy Spirit guide the conversation.

As the conversation draws to a natural close or as time comes to a conclusion let us end with prayer.

5. Let us Pray...

As we bring our time together to a close, let us take the time to offer all that we have reflected on and discussed to God.

You may choose to dim the lights at this time and have quiet music playing in the background.

Focus on the candle that continues to burn, remembering that Christ is our Light. As we explore and grow in our Vincentian story we our growing in our own story of faith - our story with God.

As we focus on the candle, invite members to offer a prayer of thanks, of intercession, of whatever is in their hearts.

Once members have shared, we offer all our prayers spoken and unspoken to God.

Let us conclude with words from St Vincent de Paul. These words are available on the Vinspiration handout - Let us Pray ...

Lord Jesus, teach me by your example...
Make me, through the vigour of my efforts,
set the world around me on fire.
I want to give myself to you,
body and soul,
heart and mind and spirit
so that I may always do what gladdens you.
In your mercy,
grant me the grace to have you continue in me
and through me you saving work.

We ask this through Christ,
our friend,
our teacher,
our Lord.

Amen.



*Thank you for being a part of
Vinspiration.*