

"We took the road together, we will finish it together"

Blessed Frederic Ozanam



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electric Ireland

Jim Dollard, Executive Director, Electric Ireland



[&]quot;Electric Ireland is very proud to be partnering with the Society of St Vincent de Paul to support their National Youth Development Programme. We, and the broader SVP Group, have a strong track record of working with communities and charities throughout Ireland and have had a very successful partnership with SVP for years. I would like to wish every success to participants in the programme and I am confident that it will inspire secondary school students to understand and help prevent poverty and social exclusion in their local communities."

Mission Statement

The Society of St Vincent de Paul is a Christian voluntary organisation, working with poor and disadvantaged people. Inspired by our principal founder, Frederic Ozanam, and our patron, St Vincent de Paul, we seek to respond to the call every Christian receives to bring the love of Christ to those in need: "I was hungry and you gave me food" (Matthew 25). No work of charity is foreign to the Society. We are involved in a diverse range of activities characterised by:



Support & Friendship

Through person-to-person contact, we are committed to respecting the dignity of those we assist and fostering self-respect. We assure confidentiality at all times and endeavour to establish relationships based on trust and friendship.

Promoting Selfsufficiency

It is not enough to provide short term material support. Those we assist are also helped to achieve self-sufficiency in the longer term and the sense of self-worth this provides. When problems are beyond our competence, we enlist the support of specialised help.

Working for Social Justice

We are committed to identifying the root causes of poverty and social exclusion in Ireland and, in solidarity with people experiencing poverty and disadvantage, to advocate and work for the changes required to create a more just and caring society.

"I was hungry and you gave me food"

(Matthew 25).





Note for Youth Conference Coordinators/ Teachers

The Society of St Vincent de Paul is an international voluntary Christian organisation. Membership of the Society is open to anyone who can respect our ethos. We draw our inspiration and energy from the Gospels and Catholic Social Teaching and attempt to live the core values (Love of God and Love of our neighbour) through an action orientated programme, working directly with people in need. Members of the Society come from all walks of life giving, as Frederic Ozanam challenged, of their time, their talents and themselves, to serve people in need and work for social justice.

Many are responding to the Vincentian Spirituality of Christian love, compassion and justice, through friendship based on mutual respect and caring. Others are drawn to social action and the creation of a more just society. All are united by a vision of social justice, which Frederic Ozanam described as, "a fixed star which human societies try to follow from their uncertain orbits. It can be seen from different points of view but justice remains unchanged".

Reflection at every Conference meeting has been a feature of the Society of St Vincent de Paul (SVP) since its foundation. While we are undertaking actions with/ for SVP it is important to take time to think about the meaning behind those actions. What has inspired us to get involved with SVP? Why is this work important?

In this book, as well as support with Conference meetings, tips on volunteer self care, action planning resources, you will also find a selection of prayers, poems, songs, video clips, activity suggestions and quotes designed to help members of Young SVP reflect on the meaning behind the actions they are undertaking. They may even inspire ideas for new actions. Reflections are based around the school year and contain a variety of resources which can be explored each month and used at Conference meetings. These can be added to by members of the Conference bringing their own reflections to meetings and sharing these.

This resource is designed to be adapted as appropriate for your group. All elements may not be suitable for all settings. There may be students for whom some topics have particular resonance. It is left to the discretion of the Youth Conference Coordinator to adapt the resource as necessary for your group.

Please Note:

Links to external sites are for information purposes only. We do not take responsibility for the content of external sites. Please review all external content before use with your group.

Feedback:

We hope you find this resource useful in helping your group reflect and focus on its purpose. Your feedback is appreciated. If you have any questions or comments please email

youth@svp.ie.

Introduction

Welcome to the Young SVP programme! We hope this journal will help get you started and offer you guidance and suggestions on setting up your Conference and planning actions. It should also serve as a record of your time with Young SVP. Remember to keep in touch with your SVP Youth Development Officer throughout the year for advice and support.

1833.

SVP was founded by a 20 year old student Frederic Ozanam in Paris.

challenge.

To put faith into action to help the poor of Paris.

1844.

SVP came to Ireland.

11,000.

Today there are over 11,000 SVP volunteers across Ireland

What is a Young SVP Conference?

A Conference is the SVP term for a committee of volunteers that meet regularly, plan projects and volunteer to give back to their communities.

Young SVP Conferences, like a regular adult Conference should run themselves- the members elect their own Presidents and other officers - but they also need the support of an adult 'Youth Conference Coordinator' e.g. a teacher from your school.

Aims & Objectives of the Young SVP Programme

The Young SVP Programme aims to provide positive meaningful opportunities for young people within an SVP experience.

This includes:

- Personal and social development for young people
- Developing an understanding of the ethos, mission and aims of SVP
- Develop a better understanding of social justice
- Learning how to identify issues and problems
- Developing projects that will improve the lives of others
- Opportunities to engage in social action projects and volunteering.

About SVP

Our goal is to fight poverty in all its forms through practical assistance to people in need. We offer direct, personal assistance that is non-judgemental and based on the need of the individual or family.

SVP are involved in a diverse range of activities which are characterised by the three pillars of our mission statement:

- Support & Friendship
- Promoting Self Sufficiency
- Working for Social Justice

SVP was founded by a 20 year old student Frederic Ozanam in Paris in 1833. Frederic and his friends engaged regularly in debate and discussion about inequality, social justice/injustice and their Christianity. During one of these debates they were challenged to put their faith into action to help the poor of Paris. Following this the first Conference was started. The group met regularly and distributed food and fuel to the people of Paris. They were guided by Sister Rosalie Rendu, a Daughter of Charity.

SVP came to Ireland in 1844. Today there are over 11,000 SVP volunteers across Ireland.

How to Set Up a Young SVP Conference

1.

Find a Youth Conference Coordinator

Approach a teacher or other appropriate adult in your school to act as a mentor and coordinator for your Conference. They will assist you with planning projects and linking with SVP.

2,

Contact the Youth Development Team

Get in touch with your Regional Youth Development Officer (you will find their contact details on pg. 9). They will visit your Conference meetings throughout the year to support you to learn about SVP and social justice, plan and carry out

actions and reflect.

3.

Complete and return the Young SVP Registration & Affiliation form

This must be completed at the start of the year.

4.

Elect Young SVP Officers

Members of your Conference can nominate themselves to take on officer roles e.g. President or Secretary. You can hold an election if more that one person puts themselves forward for a specific role.

Officer Roles & Responsibilities

President

The President is the leader of the Conference. He/She chairs meetings, allocates work to other members and maintains close contact with the coordinating teacher and the YDO. Ideally, a President should have good leadership qualities.

Vice President

The Vice President will be supportive of the President and will be able to chair the meetings in the absence of the President. The Vice President ensures that there are sufficient activities and events to occupy the time and energy of all the members.

Secretary

The Secretary is responsible for any incoming or outgoing correspondence, he/she will record the minutes of any meeting and should update the other members, the school or the YDO, when necessary, about Conference activities.

Treasurer

The Treasurer keeps a record of income and expenditure and works closely with the coordinating teacher to store money safely and to donate to SVP or use as required for SVP projects.

The above are the core roles, however if your Conference feels that more roles could be created e.g. fundraising officer or PRO, please feel free to elect more officers.

Other roles for our Conference:

Conference Activities

Young SVP Conferences do important work, worthwhile projects and volunteering as part of their SVP experience. There are four types of projects that you can chose from and every project should link back to the three pillars of the SVP mission statement.

Mission Statement





Befriending Project

Befriending is one of the central works of SVP. At its heart is the person to person contact with people. In befriending another person the visitor gives of their time, their talents and themselves. Befriending can look easy- like it is just visiting and chatting- but like any friendship, it takes time and effort to ensure that it's a genuine meeting of minds and hearts.

Examples of befriending projects:

- setting up an intergenerational choir,
- organising a social morning in your school,
- creating a lunch time activity club



Education Project

One of the main areas that SVP focuses on is education. Education is a way out of poverty for many. A little help at the right time can make all the difference.

Examples of education projects:

- setting up a homework club in your school,
- peer education about social justice,
- supporting local older people to learn more about technology



Direct Aid Project

SVP is funded almost entirely by donations from the public. Money raised locally is spent locally. Fundraising is one way that you can help SVP. It is important that you understand what the fundraising is for. Your YDO can help you with this and you should also do your own research about the causes & effects of poverty and social exclusion.

Examples of Direct Aid projects:

- planning a fundraising event,
- holding a clothes drive,
- taking part in the Giving Tree at Christmas



Research & Action Project

This type of project involves learning about social justice in Ireland, choosing a cause or issue you want to explore and planning and carrying out a social action to address your chosen issue. Your YDO will support you with this

Examples of Research & Action Projects:

- designing a campaign,
- hosting a debate,
- · making a short film

Planning a project?

Please talk to your YDO and your teacher about planning and undertaking any of these projects, to make sure they are safe and beneficial for everyone.

See 'Appropriate Activities' leaflet for more information on supported and unsupported activities.

Conference Meetings

Young SVP Conferences should meet regularly and at a set time. The Conference meetings are of equal importance to the activities, as this is where your Conference will develop its SVP identity and members will grow both as a group and individuals. It is an opportunity for the members to reflect together, to share their ideas and to plan.

The President chairs the meeting and should prepare an agenda before every meeting and then

make sure that all items are discussed within the time available. This can be a difficult job!

A sample agenda could include:

- Check in/ Review of last meeting
- Opening Reflection/ Prayer
- Information Updates
- Activity Planning
- Any other business (AOB)
- Closing Reflection



All meetings should be recorded by the Secretary who keeps note of the attendance, activities undertaken and any decisions for future activities and meetings. This record should be passed from year to year.

Every meeting should include some time for reflection, which can lead to a brief discussion and help members remember why their activities are important.

Conference members should take turns to bring a short reflection to the meetings, these can be; prayers, quotes, poems or other items to help the group focus on their purpose. You will find some suggested reflections in this journal and more in the 'Young SVP Conference Reflections' booklet.

Useful Contacts

| REGION | NAME | NUMBER | EMAIL |
|--------------------------|-------------------|--------------|-------------------------|
| National | Becca Gallagher | 01 8848233 | becca@svp.ie |
| East | Clare Mander | 01 8198454 | claremander.east@svp.ie |
| Mid West | Ivana Kolic | 061 514648 | Ivana.Kolic@svp.ie |
| South East | Debbie O'Halloran | 051 350725 | debbie.OHalloran@svp.ie |
| South West | John Warren | 021 4270444 | john.warren@svp.ie.ie |
| North West | Becca Gallagher | 01 884 8233 | youth@svp.ie |
| North East & Midlands | Neil Lacey | 041 9831096 | neil.lacey@svp.ie |
| North | | 02890 351561 | youngsvp@svpni.co.uk |
| Galway | Sylvia Doherty | 091 563233 | sylvia.doherty@svp.ie |
| Mayo | | | |
| Roscommon | Helen Ralph | 086 1438675 | helen.ralph@svp.ie |
| Colleges | Síofra Dempsey | 01 8848233 | colleges@svp.ie |

Our Conference



Put a photograph of your Conference here!

| Officers | Conf | erence | Name | | | |
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Year Plan & Key Dates



Term One:

- Complete & return Registration form
- Visit from your YDO
- Conference set up
- Young SVP launch in school
- Visit from your YDO
- Plan activities / projects
- •
- •
- •

Term Two:

- Visit from your YDO
- Getting ready for the Youth Day!
- .

Term Three:

- Visit from your YDO
- Attending the Youth Day
- End of year celebration
- .

Getting Ready for the Youth Day



Your Regional Youth Day is a fantastic opportunity to meet other Young SVP members, learn more about SVP & social justice, share your ideas and have lots of fun! Use this page to get ready for attending the Youth Day. Talk to your YDO for advice & support.

| 7 | Time: | |
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| | Permission from school to attend Paperwork completed and returned to YDO Parental consent (including photographic consent) Transport Organising our display stand Are we giving a presentation? | MODEL TO THE PROPERTY OF THE P |

Self Care for Volunteers



Give yourself some credit because you are doing great!

Put on your own oxygen mask first

You've got to nourish to flourish

You can't pour from an empty cup. Take care of yourself first.



Your Wellness

SPIRITUAL

Understanding the beliefs, values and ethics that guide your life. Spending time asking and exploring your spiritual life.



EMOTIONAL

Maintaining a
healthy emotional
life, managing your
stress levels, staying on top
of your work, getting enough
sleep and asking for help if
needed.



Staying curious and engaged in learning new things. Engaging in creative activities. Reading for pleasure, being aware of social & political issues.



Exercising, eating well balanced meals, sleeping, managing stress and receiving medical care.



SOCIAL

Having a strong social network to give you support and guidance when you are stressed.

ENVIRONMENTAL

Taking care of your environment and your personal surroundings.

Decluttering, recycling and volunteering can improve health for all.

FINANCIAL

Taking steps to live within your financial means, planning for future financial health, budgeting and learning to be a good consumer.

Recognising the Signs of Stress

Headaches, muscle tension, exhaustion, changes in eating and sleeping habits, lack of concentration, tendency to isolate yourself, difficulty relaxing, anger & other mood swings, substance misuse, relationship problems, feelings of shame, failure, guilt or helplessness, heart palpitations, chest pains, grinding or clenching teeth.

Find ways of dealing with stress that work for you!

Grounding Exercise

Look around you. Identify & name:

- 5 things you see
- 4 things you feel
- 3 things you hear
- 2 things you smell
- 1 thing you taste



Floating on a Cloud

Imagine a big fluffy cloud floating above you. See it come down gently beside you.

What does the cloud look like? Does it have a shape? What colour is it?

This is your own special cloud, you are completely safe and happy when you are on your cloud.

Climb on to your cloud. It will take you anywhere you want to go.

What do you see as you float on your cloud? Where will it take you?

Let your cloud fly you to a special place where you can rest quietly and feel peaceful.

Reflections for September

SEPTEMBER

Dates for your diary...

- 5th International Day of Charity
- 9th Feast Day of Blessed Frederic Ozanam
- 8th Birth of the Blessed Virgin Mary
- 8th International Literacy Day
- 10th World Suicide Prevention Day
- Eid ul Adha (Islam)

- Hajj (Islam)
- 15th International Day of Democracy
- 21st International Day of Peace
- 27th Feast Day of Saint Vincent de Paul
- 29th Michaelmas

Time to Reflect..



Our Deepest Fear

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us.

We ask ourselves "Who am I to be brilliant, gorgeous, talented and fabulous?" Actually, who are you not to be? You are a child of God. Your playing small does not serve the world.

There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We are born to manifest the glory of God that is within us. It's not just in some of us; it is in everyone.

And as we let our light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others. - by Marianne Williamson

The Good Samaritan

If you happen to see the tomb of Frederic Ozanam in France you will find a painting of the story of the Good Samaritan around the tomb. If you have ever heard the story of the Good Samaritan you will know that the Samaritan helped a man who had been attacked by robbers. The story of the Good Samaritan is an inspiring story of charity and different paths individuals can take when confronted with disadvantage and need.

LUKE 10:25-27

Adapted from 'Peace Out' produced by SVP, Australia

Time to act..



Think...

"I would like to embrace the whole world in a network of love"-Blessed Frederic Ozanam.

What are your hopes or prayers for the school year ahead? Make a paper chain & write your hopes/ prayers on the links. You could even ask other people in your school to get involved!

Do...

Think of a way to launch your Young SVP Conference & let the rest of your school community know about your plans and how to get involved!

Learn...

See what you can find out about St Vincent de Paul, Frederic Ozanam & Sr. Rosalie Rendu. Report back to your class or Conference.

Research...





- http://bit.ly/SVPSpirituality
- http://bit.ly/OurPatronSaints
- http://bit.ly/SSVPyoutube



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Action Planning

See guide to Taking Action on pg 20 or contact your YDO for more support



What social justice issue are we taking action on? What do we hope to achieve?

What research do we need to do?



Steps involved

People responsible

Deadline

Financial Record



Overview & Review Issues arising/Follow up

Reflections for October

OCTOBER

Dates for your diary...

- 1st International Day of Older Persons
- 2nd Gandhi's Birthday-International Day of Non-Violence
- Rosh Hashanah (Jewish)
- 4th Feast of St Francis of Assisi
- 5th World Teacher's Day
- 10th World Mental Health Day
- 11th International Day of the Girl Child

- Yom Kippur (Judaism)
- 15th Feast Day of St Teresa of Avila
- 17th International Day for the Eradication of Poverty
- 18th EU Anti-Trafficking Day
- Mission Sunday
- Diwali (Hindu)

Time to Reflect...



Beautiful Old Age

It ought to be lovely to be old to be full of the peace that comes of experience and wrinkled ripe fulfilment. The wrinkled smile of completeness that follows a life lived undaunted and unsoured with accepted lies they would ripen like apples, and be scented like pippins in their old age.

Soothing, old people should be, like apples when one is tired of love. Fragrant like yellowing leaves, and dim with the soft stillness and satisfaction of autumn.

And a girl should say: It must be wonderful to live and grow old. Look at my mother, how rich and still she is! And a young man should think: By Jove my father has faced all weathers, but it's been a life! - DH Lawrence

Prayer of St Teresa of Avila

Christ has no body but yours,

No hands, no feet on earth but yours,

Yours are the eyes with which he looks

Compassion on this world,

Yours are the feet with which he walks to do good,

Yours are the hands, with which he blesses all the world.

Yours are the hands, yours are the feet,

Yours are the eyes, you are his body.

Christ has no body now but yours,

No hands, no feet on earth but yours,

Yours are the eyes with which he looks compassion on this world.

Christ has no body now on earth but yours

Time to act..



Think...

"You must be the change you wish to see in the world". Mahatma Gandhi

With your Conference or class, reflect on the changes you would like to see in society. How could you 'be the change'?

Prayer of Saint Francis of Assisi

www.youtube.com/watch?v=VO1FJoi5W5E

Do...

Throughout the week/month, think of ways your Conference could make a difference in the lives of older people. Share your ideas with your Conference or class...

Learn...

Learn about the life of Mahatma Gandhi. Share your learning with your Conference or class...

Research...



- http://bit.ly/historygandhi
- http://bit.ly/bbcreligionjudaism
- http://bit.ly/bbcdiwali
- http://bit.ly/spunoutmentalhealth

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What is our action?



What social justice issue are we taking action on? What do we hope to achieve?

What research do we need to do?



Steps involved

People responsible

Deadline

Financial Record



Overview & Review Issues arising/Follow up

Reflections for November

NOVEMBER

Dates for your diary...

- 1st All Saints
- 2nd All Souls
- 14th Feast of St Laurence O'Toole
- 20th Universal Children's Day
- Feast of Christ the King

- Restorative Justice Week
- 25th International Day for the Elimination of Violence Against Women
- First Sunday in Advent

Time to Reflect...



I Believe

I believe in the equality of all, rich and poor.

I believe in liberty.

I believe in humanity and that through it we can create unity. I believe in love within each of us, and in the home, happy and healthy.

I believe in the forgiveness of sins.

I believe that with divine help we will have the strength to establish equality in society.

I believe in unity, the only way to achieve peace.

I believe that together we can obtain justice.

Prayer of an Ayacucho Youth Group in Peru

Tomorrow

Tomorrow is a dream that leads me onward. Tomorrow is a path I've yet to choose, A chance I've yet to take, A friend I've yet to make. It's all the talent I've yet to use.

Tomorrow is a dream that leads me onward,

It's the joy I've yet to know,

The love I've yet to show.

For it's the person I've yet to be.

Always just a step ahead of me.

- Karen Raven

Time to act..



Think...

Prayer to St Laurence O'Toole

http://bit.ly/stlaurenceotooleprayer

Children live what they learn

http://bit.ly/empowermentresources

Do...

What are some of the main issues affecting children/ young people in our society today? How could you raise awareness about these issues? Share your ideas with your Conference/class.

Learn...

What is the United Nations Convention of the Rights of the Child? What does it say about the Rights of children?

Research...



- http://bit.ly/stlaurenceotoole
- http://bit.ly/rightschild
- http://www.icatholic.ie/?s=advent
- http://worldyouthday.

"Dear young people, we didn't come into this world to 'vegetate', to take it easy, to make our lives a comfortable sofa to fall asleep on. No, we came for another reason: to leave a mark."

Pope Francis

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Action Planning

See guide to Taking Action on pg 20 or contact your YDO for more support



What social justice issue are we taking action on? What do we hope to achieve?

What research do we need to do?



Steps involved

People responsible

Deadline

Financial Record



Overview & Review Issues arising/Follow up

Reflections for December

DECEMBER

Dates for your diary...

- 1st World AIDS Day
- nd International Day for the Abolition of Slavery
- 3rd International Day of Persons with Disabilities
- 5th -International Day for Economic & Social Development
- 8th Feast of the Immaculate Conception

- 10th Human Rights Day
- 18th International Migrants Day
- 20th -International Human Solidarity Day
- Hanukkah (Jewish)
- 25th Christmas Day
- 30th Feast of the Holy Family

Time to Reflect..



The Beatitudes

"Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are they who mourn, for they shall be comforted.

Blessed are the meek, for they shall inherit the earth.

Blessed are they who hunger and thirst for righteousness, for they shall be satisfied.

Blessed are the merciful, for they shall obtain mercy.

Blessed are the pure of heart, for they shall see God.

Blessed are the peacemakers, for they shall be called children of God.

Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven."

MATTHEW 5:3-10

Time to act..



Think...

Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly; defend the rights of the poor and needy — PROVERBS 31:8-9

What are universal human rights?

www.youtube.com/watch?v=nDglVseTkuE

Do...

Find out about the SVP Annual Appeal. How can your Conference/class get involved?

Learn...

Make a list of the values supported by the Beatitudes and those supported by the Universal Declaration of Human Rights. What do they have in common? (adapted from the Archdiocese of Dublin, Education Secretariat)

Research...



- http://bit.ly/unescohealtheduc
- http://bit.ly/globalforcedlabour
- http://bit.ly/edhumanrights
- http://bit.ly/bbcjudaismhanukkah
- http://bit.ly/LoveOurNeighbour

Small Places, Close to Home

"Where, after all, do universal human rights begin? In small places, close to home - so close and so small that they cannot be seen on any maps of the world. Yet they are the world of the individual person; the neighbourhood he lives in; the school or college he attends; the factory, farm, or office where he works. Such are the places where every man, woman, and child seeks equal justice, equal opportunity, equal dignity without discrimination.

Unless these rights have meaning there, they have little meaning anywhere. Without concerted citizen action to uphold them close to home, we shall look in vain for progress in the larger world."

- Eleanor Roosevelt

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Action Planning

See guide to Taking Action on pg 20 or contact your YDO for more support

| What is our action? | |
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What social justice issue are we taking action on? What do we hope to achieve?

What research do we need to do?



Steps involved

People responsible

Deadline

Financial Record



Overview & Review Issues arising/Follow up

Reflections for January

JANUARY

Dates for your diary...

- 1st -World Day of Peace
- 1st Feast Day of Mary the Mother of God
- 1st New Years Day
- 8th Feast of the Epiphany
- 15th World Day of Migrants & Refugees
- 16th Martin Luther King Jr Day

- Week of Prayer for Christian Unity
- Catholic Schools Week
- 27th- International Day for
- Commemoration of Victims of the Holocaust
- 31st Feast Day of St Don Bosco

Time to Reflect...



Starfish

As an old man walked along the beach at dawn he noticed a young man ahead of him picking up starfish and flinging them into the sea. Catching up with the youth he asked him why he was doing this. The answer was that the stranded starfish would die if left on the dry sand in the morning sun.

"But the beach goes on for miles and there are millions of starfish" said the old man. "How can your efforts make a difference?". The young man looked at the starfish in his hand and threw it into the safety of the waves. "It makes a difference for this one!" he said.

From 'Peace Out' SVP Australia

First They Came For...

First they came for the Socialists, and I did not speak out—

Because I was not a Socialist.

Then they came for the Trade Unionists, and I did not speakout—

Because I was not a Trade Unionist.

Then they came for the Jews, and I did not speak out—

Because I was not a Jew.

Then they came for me—and there was no one left to speak for me.

- Martin Niemöller

Time to act..



Think...

What words or images describe your hopes/ prayers for the new year? Decorate stones with these words/images.

These could be used to create a prayerful space in your school or used as part of a classroom display. http://www.pinterest.com/explore/prayer-rocks

Do...

Can you think of people who have made a stand in the face of injustice? How can your Conference/ class take action when there is injustice in society?

Learn...

What is the theme of Catholic Schools Week this year? Who was Eli Wiesel? Find out and report back to your class/Conference?

Research...

- Martin Luther King I Have A Dream speech: http://bit.ly/hadadreamML
- Anita Lasher Wallfisch RemembersAuschwitz: http://bit.ly/holocaustmemorialday
- http://bit.ly/resourcesrefugee

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What is our action?



What social justice issue are we taking action on? What do we hope to achieve?

What research do we need to do?



Steps involved

People responsible

Deadline

Financial Record



Overview & Review Issues arising/Follow up

Reflections for February

FEBRUARY

Dates for your diary...

- 1st Feast Day of St Brigid
- 7th Safer Internet Day
- Eid Al-Addha (Islam)
- 11th World Day of the Sick

- 11th Feast Day of Our Lady of Lourdes
- 15th Parinirvana (Buddist)
- 20th World Day of Social Justice
- 28th Shrove Tuesday

Time to Reflect..



Justice & the Young - Agents of Change, Bearers of Hope

At a recent social justice forum conducted at the Australian Catholic University, a young student posed the question, "What sort of society do we want to live in?" This is a question that goes to the heart of what social justice is all about. While it infers many aspects of present day society are flawed, it also says that we can make a change.

With faith, compassion, knowledge and understanding, we can determine what kind of society we want to live in.

Justice has never been about having all of the answers. It is about asking the right questions. This is the impulse that motivated Frederic Ozanam, the principle founder of the Society of St Vincent de Paul. In 1830s Paris, at a time of intense political upheaval, 20 year old Frederic was not concerned with questions of politics and power, his guest was social in nature.

Like many young people, Frederic refused to accept that poverty and suffering was a part of life. He was not discouraged by the scale of the inequality he witnessed nor was he deterred by the cynicism of many elders who were convinced that change was impossible. Instead, Frederic drew inspiration from all his colleagues and mentors and added "work to talk."

This passion for change and the belief that a better future is possible remains a central part of the Society of St Vincent de Paul's mission. As agents of change and bearers of change, young people keep the Society's pursuit of social justice.

- Dr Andy Marks

Time to act..



Think...

May the God of Justice make us see what is right and needs to be done. May justice always guide our relations with other people. May Christ's holding us dear be what motivates us. Amen

Do...

Throughout the week/month, think of ways your Conference could make a difference in your community and how you can put it into action...

Learn...

Learn about a Social Justice Campaign run by SVP. Report back to your class or Conference. https://www.svp.ie/socialjustice

Research...





- www.saferinternetday.org/web/sid/country
- http://bit.ly/worldsickday15
- http://bit.ly/buddhismnirvana
- http://bit.ly/radiovatican

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Action Planning

See guide to Taking Action on pg 20 or contact your YDO for more support

What is our action?

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What research do we need to do?



Steps involved

People responsible

Deadline

Financial Record



Overview & Review Issues arising/Follow up

Reflections for March

MARCH

Dates for your diary...

- 8th International Women's Day
- Purim (Jewish)
- Holi (Hindu)
- 17th St Patrick's Day

- 21st International Day for the Elimination of Racial Discrimination
- 21st World Down Syndrome Day
- 24th Feast Day of Blessed Oscar Romero

Time to Reflect...



Archbishop Oscar Romero Prayer: A Step Along The Way

It helps, now and then, to step back and take a long view. The kingdom is not only beyond our efforts, it is even beyond our vision.

We accomplish in our lifetime only a tiny fraction of the magnificent enterprise that is God's work. Nothing we do is complete, which is a way of saying that the Kingdom always lies beyond us.

No statement says all that could be said.

No prayer fully expresses our faith.

No confession brings perfection.

No pastoral visit brings wholeness.

No program accomplishes the Church's mission.

No set of goals and objectives includes everything.

This is what we are about.

We plant the seeds that one day will grow.

We water seeds already planted, knowing that they hold future promise.

We lay foundations that will need further development. We provide yeast that produces far beyond our capabilities.

We cannot do everything, and there is a sense of liberation in realising that.

This enables us to do something, and to do it very well. It may be incomplete, but it is a beginning, a step along the way an enperturity for the Lord's grass to enter an

the way, an opportunity for the Lord's grace to enter and do the rest.

We may never see the end results, but that is the difference between the master builder and the worker.

We are workers, not master builders; ministers, not messiahs. We are prophets of a future not our own.

- Bishop Ken Untener of Saginaw

Time to act..



Think...

Lord, I give you all that I am this day. Please brush away my weariness, so that I may be inspired in my work. Help me to discover new ways to reveal your love to all I meet. Keep my mind clear and focused on all I need to achieve. And give me the wisdom to overcome difficulties and find solutions. I look to you and trust you are with me this day. Amen.

Do...

Talk about what Lent means to you with your Conference. Reflect on different things we do through Lent. Watch the following video clip about Lent. Listen to the words, reflect on the images and discuss:

www.youtube.com/watch?v=0_q_rIF00u8

Learn...

Research Oscar Romero's weekly homilies and share them with your Conference at your next meeting:

http://bit.ly/romerohomilies



Research...

- www.un.org/en/events/socialjusticeday
- http://bit.ly/whatisholi
- https://worlddownsyndromeday.org

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What is our action?

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Overview & Review Issues arising/Follow up

Reflections for Lent & Easter Easter

Dates for your diary...

- Ash Wednesday
- Palm Sunday
- Holy Thursday
- Good Friday

- Holy Saturday
- Easter Sunday
- Divine Mercy Sunday



Time to Reflect..

The Easter Challenge

Every year it happens:

Earth shakes her sleepy head, still a bit wintered and dull, and feels new life stirring.

Every year cocoons give up their treasures, fresh shoots push through brown leaves, seemingly dead branches shine with green, and singing birds find their way home.

Every year we hear the stories:

Empty tomb, surprised grievers, runners with news and revelation, unexpected encounters, conversations on the road, tales of nets filling with fish, and breakfast on a seashore.

And every year the dull and dead in us meets our Easter challenge: to be open to the unexpected, to believe beyond our security, to welcome God in every form, and trust in our own greening.

- Joyce Rupp from Out of the Ordinary: Prayers, Poems, and Reflections for Every Season

Time to act..

Think...



Lord, the resurrection of Your Son has given us new life and renewed hope. Help us to live as new people in pursuit of the Christian ideal. Grant us wisdom to know what we must do, the will to want to do it, the courage to undertake it, the perseverance to continue to do it, and the strength to complete it. Amen.

Do...

Reflect on what Christ's sacrifice means at this time of year - "Deep knowing of love is called joy - the reality & feeling that love is alive in your spirit is joy." Watch the video below and reflect on what joy means to you:

www.youtube.com/watch?v=bY4TmNEbH-g

Learn...

Learn about the significance of Lent. Report back to your Conference or class: www.icatholic. ie/?s=Lent

Research...





- http://bit.ly/edueasterresources
- www.icatholic.ie/?s=Easter



Reflections for April

Dates for your diary...

- Rama Navami (Hindu)
- 22nd World Earth Day
- Yom HaShoah (Jewish)
- 28th Global Youth Service Day

Time to Reflect..

Reflection

The leader of a certain Indian tribe encamped at the base of a mountain was dying. The chief summoned his three sons and said, "I am dying and one of you must succeed me as head of our tribe. I want each of you to climb our holy mountain and bring back something beautiful. The one whose gift is the most outstanding will succeed me."

After several days the sons returned. The first brought his father a flower which grew near the summit and was extremely rare and beautiful. The second son brought his father a stone which was colourful, smooth, and round, having been polished by rain and sandy winds. The third son's hand was empty.

He said, "Father, I have brought nothing back to show you. As I stood on top of the holy mountain, I saw that on the other side was a beautiful land filled with green pastures and a crystal lake. And I have a vision of where our tribe could go for a better life. I was so overwhelmed by what I saw and by what I was thinking that I could not bring anything back."

And the father replied, "You shall be our tribe's new leader, for you have brought back the most precious thing of all — the gift of a vision for a better future."

Time to act..

Think...

We all have a duty to look after the planet on which we live. Each individual is a temporary steward or caretaker of the Earth.

This means that each person must be aware of, and manage, their impact on the Earth's environment and resources.

What can you do to help look after the planet?

Do...

Find out what Climate Justice means. Report back to your Conference or class:

www.trocaire.org/getinvolved/climate-justice

Learn...

Learn about World Earth Day and how it may link to the Sustainable Development Goals: http://bit.ly/2030undp

Research...

- www.earthday.org/earthday
- http://bit.ly/divineramnavami
- http://ysa.org/act/programs/gysd/



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Action Planning

See guide to Taking Action on pg 20 or contact your YDO for more support

What is our action? What social justice issue are we taking action on? What do we hope to achieve? What research do we need to do? Steps involved People responsible Deadline Financial Record Overview & Review Issues arising/Follow up

Reflections for May

MAY

Dates for your diary...

- 3rd World Press Freedom Day
- 5th International Red Cross Day
- Visakha Puja Buddha Day
- 21st World Day for Cultural Diversity
- Ascension of Jesus Christ

- 25th Africa Day
- Ramadan begins
- 29th International Day of Peace Keepers
- Shavuot begins (Jewish)

Time to Reflect..



Africa Day - Aluta Continua (The Struggle Continues...)

May 25th is Africa Day and is a celebration of African unity. It dates back to 1963 when the Organisation of African Unity (OAU) was founded in Ethiopia. The significance of the Day was to reflect the aspirations of people to break free from the chains of colonial bondage together.

Also, it helps raise political awareness around the world about the state of affairs in Africa and the self-rule of its people.

Africa's vulnerability has been linked to its rich resources and a history of colonialism for which the resources provided bait. Many of the civil wars that are still fought today have their origins in the struggle for control of African wealth. It celebrates African diversity and mutuality, its culture and identity, its history and heritage, its achievements and excellence and its potential and promise. Thanks to courage and determination, all 54 countries in the continent fly their own flags and sing their own national anthems today. The vestiges of colonialism notwithstanding

Africans have relatively much greater opportunity to chart a cause of progress for themselves and by themselves. Africa illuminates hope. Between 2000 and 2010 six of the ten fastest growing economies were African and Angola grew faster than any other in the world. Poverty rate has been on the decline by about 1% every year. Educational opportunities have expanded and more girls are in school.

- Samwin Banienuba(UK)
International Spokesperson for Humanitas Afrika

Time to act..



Think...

Bless us, O Lord, And heal your continent of Africa. Renew the land, renew the spirit Of all those who are wounded in any way. May justice roll down like water On the parched ground of your beloved Africa. Amen.

Do...

Redemption Song by Bob Marley is considered to be a song which relates to freedom from oppression. Watch and listen to the song and discuss in your group:

www.youtube.com/watch?v=OFGgbT VasI

Learn...

There are 8 SVP Regions across Ireland twinned with 13 countries in Africa. Click on the link below to find out more: www.svp.ie/Twinning.aspx

Research...

- http://en.unesco.org/wpfd
- http://bit.ly/redcrossredclesentday



• http://bit.ly/whenisascension



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Action Planning

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Financial Record



Overview & Review Issues arising/Follow up

Guide to Taking Action

Sometimes learning about social (in)justice issues can leave you frustrated, you want to see things change but you aren't sure what to do or where to start. As young people there are lots of things you can do to make a difference in your own community and on behalf of others.

Here are the key steps in taking action on social justice issues:

Identify the issues that matters most to you:

- You have over the past few weeks explored many different social justice issues
- Was there an issue that you felt strongly about personally or as a group? Discuss this
- In your group ask questions about: What you think the problem is? How does it affect people in your community/elsewhere?
 What should/can be done about it?

2. Inform yourself about those issues:

Research is an important part of taking action-the more you know, the more effective your action is likely to be. Think about the issue you want to address and ask the following:

- Who is affected directly and indirectly?
- Is there a particular group that is vulnerable?
- Why are these people more affected by the issue than others?
- How are these people affected?
- What is the social justice issue/ what rights are being violated?
- How does this impact/ change people's lives?
- Why is the situation happening?
- What are the underlying/ root causes of the problem?

The answers to these questions will help you shape your social action project

3. Think about the sort of action you want to take:

Before you decide what type of action to take, see if you can answer these questions:

- What are some of the things that can be done?
- What solutions have been suggested or tried before? (Do you know? Can you find out?)
- What seems to have worked best? What do you think might work best?
- Who is in a position to make decisions that can bring about change?
- Who is preventing change?
- What is the most effective action that you could take to improve the situation?

4. Get organised!

Now that you have decided what the issue is, are informed about it and have decided what action to take, it's time to get organised!

- As a group, list all the things that you will need to do to carry out the action and decide who will work on each one. Make sure everyone is clear about what they have to do.
- Do a timeline; Draw this on large sheets of paper and display it clearly. This will say when certain jobs have to be done. It can be used throughout the project to keep track of what has been/needs to be done.
- As a group, draw up an action plan saying what has to be done, when and by whom. Think about what the different skills in the group are and allocate roles/ jobs according to this.
- Once you have a clear plan drawn up you are ready to start taking action.

End of Year Review

| Who or what has inspired us? ar as Young SVP volunteers? |
|-----------------------------------------------------------------------------------------------------------------------------------------|
| benefit of these activities / who y your actions? |
| learn through your volunteering Interesting things we have learned or read? |
| u enjoyed about being part of |
| nything difficult / challenging? Quotations & Key Words |
| would you give to anyone doing orks in the future? |
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| Things to include in our handover why |
| Quotations & Key Words would you give to anyone doing orks in the future? continue as a Young SVP thyear? Things to include in our h |

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| For Office Us | e: |
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Young SVP Financial Statement 20__ - 20__

| Date D | etails (description) | Income | Expenditure | Balance |
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| oid you raise mo | oney for somethir | ng specific? Pleas | e explain | |
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Thank you for taking the time to complete this form.

If you need any help contacting your local SVP / Regional Office / National Office please contact us at

youth@svp.ie or phone o1 884 8233



SVP Registration & Parental Consent Form

| Name of young person: | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|-------------------------------------------------------|
| Address: | | |
| Date of Birth: | | |
| Guardian contact person: | | |
| Guardian contact; home: | | 2: |
| Parent / Guardian Consent: | | |
| This consent form will cover all activities, events and trip (insert name of young person) Young SVP Conference from until to take particles programme, (all details will be provided to you in advance) | _ takes part ir t in Young SV | |
| Young person's information: | | |
| Does this young person; Suffer from any illnesses (e.g. asthma, diabetes, epilepsy etc)? Take any medication? Have any allergies? Have any special dietary requirements? If yes to any of the above please give details In case of an emergency do we have permission to take to the hospital/seek medical advice? | Yes Yes | No |
| Photo and Video Permission: | | |
| It is possible that camera / video equipment may be used durin Conference or SVP to promote the work being carried out in repromotional material. By signing below, you give permission for us to take photos/violative permission for the above young person to be filmed and/ | eports, in socia leo material of | Il media, on our websites or other this young person. |
| Signed (parent / guardian): | | Date: |
| If you have any queries please contact (Conference) @ | Co-ordinator o | |



Young SVP Interagency Agreement

| Ve really appreciate you giving us the opportun ractical and useful way that is of benefit to your | ity to learn from your services while we assist you in a services. |
|----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| | Iful experience for both Young SVP volunteers and for the ppen it is important to establish exactly what the young . |
| • | nd responsibilities of Young SVP volunteers and the rand accounted for; a written agreement is the best way to |
| School Address & Contact details | Host Organisation Address & Contact Detai |
| | |
| Provide a brief overview of what is planne | ed here |
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| What the Young SVP Volunteers & School are responsible for; | What the host organisation is responsible for: | |
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| | d should either party be required to cancel the activity / | |
| agreement either on one occasion, on sho | ort term basis or permanently. | |
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| Please use additional sheets for more inf | ormation if necessary | |
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| By signing below each party accepts the | | |
| Please use additional sheets for more inf By signing below each party accepts the Teacher / Youth Coordinator: | | |
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| By signing below each party accepts the Teacher / Youth Coordinator: Print NAME & state position | r responsibilities as outlined above. | |
| By signing below each party accepts the | r responsibilities as outlined above. | |

Young SVP volunteers should never volunteer on their own or unsupervised. It is important that they adhere to SVP, School and host organisation policies at all times. For more information please contact SVP Youth Development Team:

youth@svp.ie or phone o1 884 8233

Quotations from the Writings of Frederic Ozanam

Frederic Ozanam wrote extensively and to great effect on a wide range of issues. Many of those writings express his strong faith and his deep concern to put that faith into action in the service of those in need. Despite the passage in time, Blessed Frederic's words continue to inspire and guide today.

Faith/Religion

"What must we do to live our Faith?... Let us no longer talk so much about charity. Let us put it into practice..."

Respect for People

"I ask that...we take care of people who have too many needs and not enough rights and who justly demand a fuller role in public affairs..."

Saint Vincent de Paul

"The work of Vincent de Paul never grows old: who would not wish to continue it?"

Young People

"I tell myself...that the mission of a young person in society today is very serious and very important...I rejoice at being born at an epoch when perhaps I shall have to do much good."

Friendship

"There is need to feel remembered, by others, to tell ourselves that we are not alone. There is need of support, of comfort of prayers...Friendship is precious."

Organisation

"No work is great if it is not organised.'

Justice

"Justice is a fixed star which human societies try to follow from their uncertain orbits. It can be seen from different points of view but justice itself remains unchanged."

The Work of the Society

"Yours must be a work of love, of kindness, you must give of your time, your talents, yourselves."



Adapted from 'Quotations from the Writings of Frederic Ozanam' selected by Claire Sweeney DC. Published by the Society of St Vincent de Paul

Conference Prayers

Opening Prayer

Prayer for a Fruitful Meeting

PR: Let us remember the words of our Lord Jesus Christ:

"When two or three are gathered together in my name, there am I in the midst of them." (Short silence)

ALL: Lord Jesus, help us through meeting together to deepen our Vincentian friendship and answer the call every Christian receives. To seek and find those who are forgotten. To bring your love to the suffering or deprived. Help us to be generous with our time, our possessions and ourselves so that we may grow perfect in your love and learn to share your Sacrifice for others in the Holy Eucharist.

PR: St. Joseph, patron of families

ALL: Pray for us.

PR: St. Vincent de Paul

ALL: Pray for us.

ALL: In the name of the Father...

Closing Prayer

PR: In the name of the Father...

ALL: Amen.

Prayer to see the Eucharist as the Source of our Apostolate

ALL: Father, grant that communion with Christ present in the Holy Eucharist may impel us to love you by serving Him in our neighbour and help us to respond with open hearts to the suffering of others, aware of the depths of our own needs.

Prayer that we may bear witness to Christ's love

ALL: Grant us also the grace to preserve when disappointed or distressed and never to claim that our work springs from ourselves alone, so that united in prayer and action, we may be a visible sign of Christ and bear witness to his boundless love that reaches out to ALL and draws them to love one another in Him.

Prayer for World Peace – A Prayer of Saint Francis of Assisi

Lord, make me an instrument of Your peace.

Where there is hatred, let me sow love.

Where there is injury, pardon.

Where there is doubt, faith.

Where there is despair, hope.

Where there is darkness, light and where there is sadness, joy.

O Divine Master, grant that I may not so much seek to be consoled, as to console;

To be understood, as to understand

To be loved, as to love;

For it is in giving that we receive –

It is in pardoning that we are pardoned;

And it is in dying that we are born to eternal life.

Notes

