

A. P. Chanam

V E T E R A M O N I M E N T A

January, 2021 | A monthly newsletter of Tools, Resources and Activities for Vincentians in Contra Costa County

Calendar

Meeting - Board of Directors Meeting
Tuesday 1/12/2021
9:30 AM - 11:30 AM

Deadline - 1st Quarter Report due
Friday 1/15/2021

Meeting - District Council Meeting
Saturday 1/16/2021
9:30 AM - 11:30 AM

Training - Growing Conferences
Tuesday 1/19/2020
4 - 5 PM On Zoom

Event - Walk for Life
Saturday 1/23/2021
All Day

Training - Conference Revitalization
Tuesday 1/26/2021
4 - 5 PM on Zoom

Training - Ozanam Orientation Part I
Saturday 1/30/2021
9:00 AM - 12:00 NOON

Training - Ozanam Orientation Part II
Saturday 2/6/2021
9:00 AM - 12:00 NOON

Zoom links to trainings, meetings and orientations will be provided on the final page of this Newsletter.

Bob Liles' Corner

CONFERENCE REQUIREMENTS

Several of our conferences are having a problem designating someone as their Spiritual Advisor. The Spiritual Advisor is an important person in the conference because the main purpose of the Society is to bring us closer to God and our Spiritual Advisor helps us with that. The Spiritual Advisor does not need to be a priest or a deacon. The Spiritual Advisor doesn't even have to lead a meditation every meeting. If your SA is too busy they can designate someone else to do it.

CONFERENCE MEETINGS

As president, I hope to attend one of your meetings in the next year to learn what good things you are doing at your meeting and to give your conference members a chance to complain to me about things that they don't like about the District Council. If possible I might be able to solve some problems, but I am new so don't expect any miracles. **So please email me at president@svdp-cc.org and let me know when your conference meets and how I can join it virtually or hopefully at some point next year in person.**

SHARE YOUR IDEAS

In this monthly newsletter I want to include at least one thing a conference president does which they think works out well. Please send your contributions to president@svdp-cc.org and I will include them. Topics could be how to make the opening meditation more meaningful, how to recruit members and officers, how to increase donations, how to get the most out of your volunteers, etc.



Mental Health Support to Vincentians and Clients

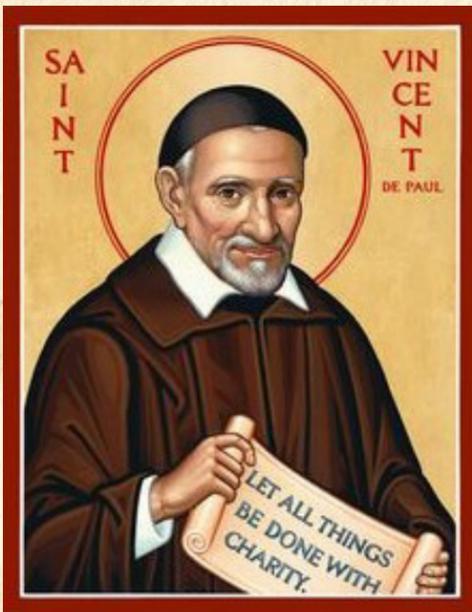
A Partnership with JFK Community-Based Counseling Program Brings Free Quality Mental Health Support to Vincentians and Clients

Living in a poor or low-income household has been linked to poor health and increased risk for mental health problems in both children and adults that can persist across the life span. Despite their high need for mental health services, children and families living in poverty are least likely to be connected with high-quality mental health care.

Despite resounding evidence of the deleterious effects of poverty on the psychological well-being of children and families, there is a vast unmet need for mental health services in this population. It is estimated that among those experiencing poverty who are in need of mental health care, less than 15% receive services, and even fewer complete treatment. This is where St. Vincent de Paul and our team of Vincentians can help! As you meet with neighbors in need, you can ask them if they would be interested in accessing FREE mental health services via our partnership with JFK University's Community Based Counseling Program. Free mental health services are needed now more than ever as the COVID-related economic challenges are impacting the low-income populations to a greater degree.

Children and families experiencing poverty encounter additional social and psychological barriers. The stigma of mental health treatment and the stigma of living in poverty can engender self-blame and self-loathing, which can inhibit families from seeking care. Programs that are family driven, incorporate evidence-based interventions, and take a comprehensive approach to treatment that addresses relevant social determinants (eg, housing or food insecurity) may be associated with greater therapeutic changes. The SVdP model of serving our neighbors in need holistically, developing solutions for housing, food insecurity, etc. is the exact model that will help families in need cope through their crises and become stable and self-sufficient.

Refer Clients (self-refer) at: <https://hipaa.jotform.com/200657652986063>



“Do not be surprised by your trials, since the Son of God has chosen them for our salvation.”

A Note About Email

Communication is important to living the mission. With the constant influx of new emails, it can be hard to keep our inboxes clean. A lot of communications are required to be sent to a large and expansive list of recipients in the To: and CC: fields. In the interest of keeping things organized and clean, it is important to remember small etiquette steps when replying to and composing your emails! The primary thing to remember is when you hit “Reply All,” to an email, every single person in the To: and CC: fields will get your email. This is a great tool if you have an important point of clarification, or a question you think may benefit everyone on the list to have answered. This tool, however, can quickly become a burden if people forget that “Reply All,” sends it to the whole list - if you are emailing the sender about an upcoming social engagement, another recipient 100 miles away probably should not receive that email. For small points of courtesy, or personal emails, replying to just the sender is more appropriate, and this step can help keep everyone's email inbox clean and tidy!

Annual Reports & Finance

ANNUAL REPORT

The number one error made with annual reports – the beginning balance is not correct. This is very simple. In 99.9999% of cases the beginning balance should be the same as the previous ending balance. If your conference is using cash basis accounting the beginning balance will be the exact same number as your bank statement beginning balance.

How many times has your bank statement's beginning balance not been the same as the previous statement's ending balance?

Some conferences use accrual accounting and we highly encourage them to switch to cash basis. Using accrual accounting does not change the beginning balance, but it will not match the bank statement. Therefore, conferences that use accrual accounting have to be extra careful with their bookkeeping. If you have problems in this area Bill Hurley or Bob Liles will offer you assistance.

1099 MISC

MUST DO BY JANUARY 15, 2020 Remember to send to Steve Krank all of your information for rents that you paid during calendar year 2020. Per IRS rules the District Council must mail by Jan 31st a 1099-Misc form to every non business landlord that a conference paid more than \$600 to. The conferences must supply a W-9 form from the landlord along with additional information. All of the documents can be found in the dropbox at:

<https://www.dropbox.com/home/Council%20Documents/Resources/1099%20Misc>

DROPBOX

There is a lot of information available in the District Council's Dropbox:

<https://www.dropbox.com/home/Council%20Documents> .

Take the time to check it out, especially the "Resources" folder. We are thinking about transitioning to SharePoint. If anyone is an expert in this area and wants to help us make the transition and get the records in order, please contact me. If you're going to make some comments about file sharing, I am interested in what you have to say. If you cannot get the link to work, let me know.

Volunteer Opportunities

There are always volunteer opportunities available for those looking to support your local Conference, other Conferences, provide Servant Leadership for the District Council, help with Housing and Homelessness in the time of COVID-19 or join the Board of the SVDP District Council in Contra Costa County. Just visit: <https://www.svdp-cc.org/volunteer> to find out what is available.



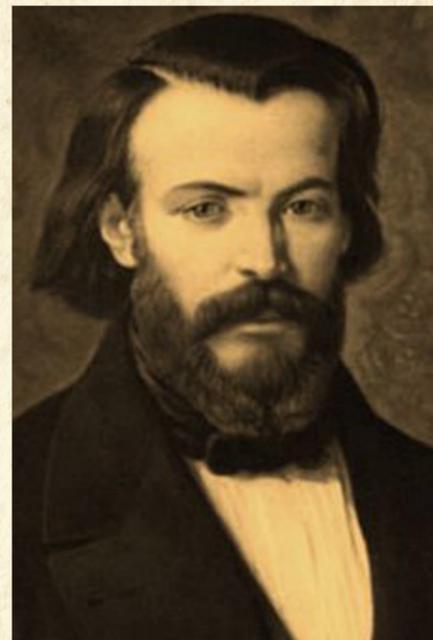
Tuesdays With St. Vincent de Paul

An Opportunity to Nourish Your Spiritual Growth and Development

Starting in January 1, 2021 the Spirituality and Formation Committee of the Society of St. Vincent de Paul Contra Costa County will launch a series of topics tied to the various Leadership, History, Art, Music and Foundational Documents of the Society and our Vincentian Family.

Every other month on the SVDP Contra Costa County website, we will post the theme for the month and a syllabus, with links, downloadable reference materials, and support documents that can be purchased on the month's topic. Every other month, the District Council's Spiritual advisor will email a related reflection on the month's topic.

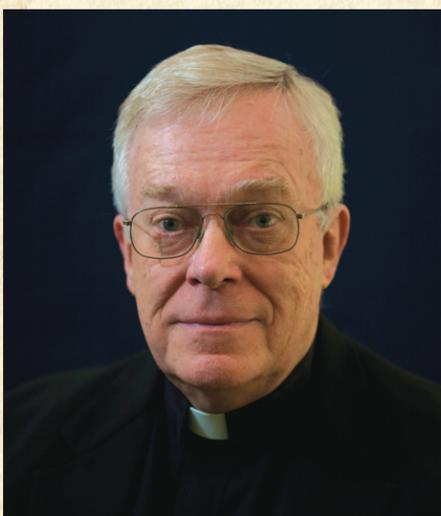
“In my life I want to become better and do a little good.”



1st day of each month: Access to Topic/Theme, Syllabus, Resource Material, and WEB links on the Topic or Theme will be provided.

Mid Month: The Spiritual Advisor for District Council will email out Reflection tied to the Topic/Theme for the month.

1st Tuesday: Launches on Feb. 2, 2021. Fr. John E. Rybolt will host an interactive interchange on the book from 6:00 PM - 8:00 PM (PT) via Zoom.



Fr. John E. Rybolt

Upcoming Presenter's Bio

John E. Rybolt, C.M., was born in Los Angeles, California. He entered the Congregation of the Mission in Perryville, Missouri, in 1959. After his ordination in 1967, he did further graduate work and received degrees in ministry, theology, and sacred scripture, including a Ph.D. in Biblical Studies from St. Louis University.

He taught in the seminaries of the Western (later Midwest) province before initiating the Centre International de Formation (CIF), headquartered in Paris, France, designed for ongoing formation of members of the Congregation and the Vincentian Family.

From 2003, he has been the historian of the Congregation, charged with continuing a general history of the Congregation begun in 1992. For this, he traveled widely to assemble materials for that history. As a Vincentian scholar-in-residence at DePaul University, he resides in Chicago, where he also does some parish ministry while continuing his research and writing.

First Tuesday Schedule for 2021

St. Vincent de Paul - January & February, 2021

Fr. John E Rybolt, C.M.- Vincentian Scholar
in Residence at DePaul University

Presentation: February, 2 2021

Ladies of Charity - March & April, 2021

Sister Paule Freeburg, D.C.

Spiritual Advisor - Western Region

Society of St. Vincent de Paul

National Spirituality Committee- Ladies of Charity

Presentation: April, 6 2021

Congregation of the Mission - May & June, 2021

Fr. Thomas Mc Kenna, C.M. (TBD)

June, 1 2021

Coming Attractions (In Order)

Daughters of Charity and St. Louise de Marillac

Blessed Rosalee Rendu

Blessed Frederic Ozanam

The Society Comes to America

(Founding Documents)

St. Elizabeth Ann Seaton

Fr. John E Rybolt, C.M., Vincentian in Residence at DePaul University, will kick off our first cycle of presentations in 2021 to follow the Genesis, Charism, and Growth and what we know today as the worldwide Vincentian Family. The workshops, as they unfold, will mirror the Origen, Birth and rapid diverse growth of the Vincentian Family starting in January 2021 with St. Vincent de Paul himself.

The core resource for the study will be from the book *Vincent de Paul, The Trailblazer*. You can find our syllabus and link to purchase the book and resource material by following the links below.

Following your deep dive into *Vincent de Paul, the Trailblazer*, you will get the chance to meet our host Fr. John Rybolt, C.M. February 2nd from 6:00 PM to 8:00 PM via Zoom for a personalized presentation and review of the material.

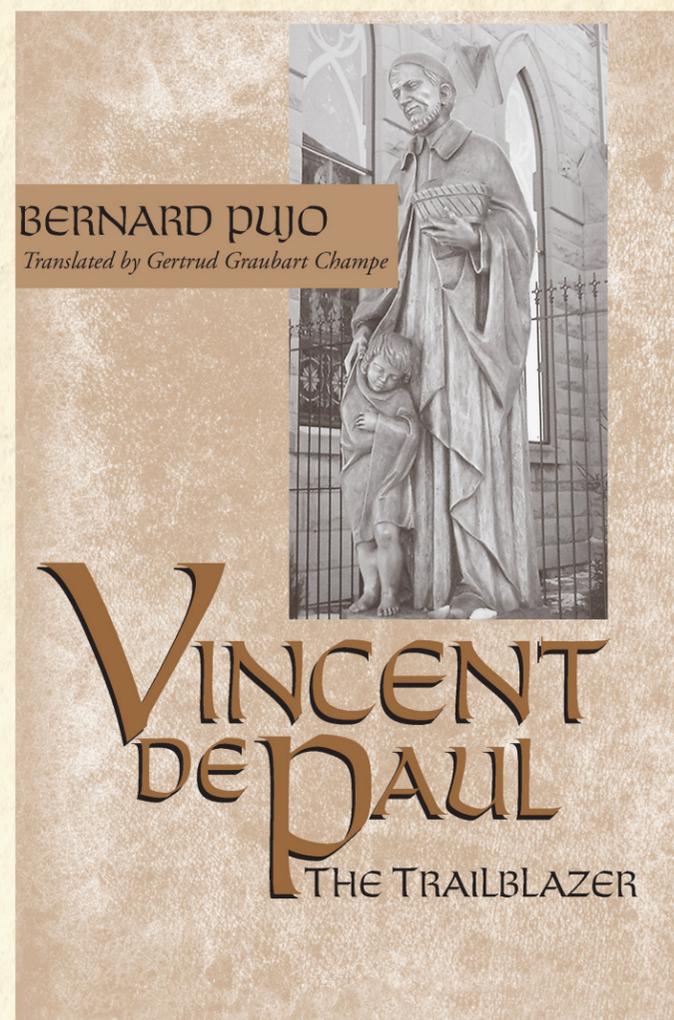
Contra Costa County, Vincentian Support has purchased some copies for **Tuesday's with St. Vincent de Paul**.

Amazon allows you to purchase scuffed cover/used copies for Vincent de Paul, The Trailblazer by Clicking Here.

Copies of the book are available at your Public Library.

Stephen has an electronic, enlarged version of the book he is able to share.

skkrank@aol.com



Vincent de Paul, the Trailblazer, opens a bright window into the turbulent world of a renowned saint who lived during a time of great unrest. Bernard Pujo details how politics, war and Vincent's charismatic personality served as essential elements in constructing a vast and lasting web of charitable works.

Pujo introduces readers to the fascinating life of Vincent de Paul (1581-1660) and the cultural, political, social, ecclesiastical and economic life of France during the late sixteenth and seventeenth centuries. Pujo's rich portrait reveals that Vincent played an active and prominent part in shaping this period of French history.

In his quest to minister to the poor's needs, Vincent counseled and challenged some of the key figures in French politics. *Vincent de Paul, the Trailblazer*, describes Vincent's childhood, education, life as a young priest, his skills as an organizer and manager and his commitment to serving the physical and spiritual needs of the poor. This authoritative biography is lively enough to interest general readers and detailed enough to appeal to scholars of French and church history.

Syllabus: Saint Vincent de Paul

1. Early connection of the Society with the Congregation of the Mission:

St. Vincent, a Parisian saint; Society: founded in Paris; founding members met in Clichy; met in CM motherhouse chapel in Paris in presence of SV's remains.

2. Understanding the saint's life:

Vincent I: more interesting stories, his rural upbringing, beginnings; characteristic: "opportunist," taking advantages of the providential opportunities that presented themselves.

Vincent II: more productive and mature life and ministry; characteristic: manager of a vast series of undertakings known for being "apostle of charity," financially aware. Also gave missions among the rural poor. Centrality of Jesus, "Lord of Charity." "To do what Jesus did."

Another division:

Pre-founding of CM: Parish missions, Confraternity of Charity, chaplain general of galleys, family chaplain of the Gondi family. Ending with founding of CM.

Post-founding of CM: Seminaries, foreign works, Daughters of Charity, Ladies of Charity of Paris, Sisters of the Visitation; royal council, help for clergy, lay retreats, poor relief, emergency relief.

3. His character:

Consider his eyes: in art, signifying awareness; "Just the facts, ma'am;" "Be aware of your surroundings."

Thinker/Contemplative: meditated on the presence of God. More practical than theoretical:

What am I seeing? Examples in his talks: donkeys at the tavern; children and butterflies.

Personal relationships: the women in his life, charming, good fund raiser; approachable, open to discussion with leaders of society (queen, prime minister, cardinals and bishops), and with country folks: "How are your horses?" Open to Protestants, Jews, Muslims.

Management: consultation, lay advisors; meetings: careful and deliberate (slow), considering all the pros and cons before deciding.

4. His death and influence:

Acknowledgements of his positive influence, completion of unfinished projects, calls for his canonization, continuation of his works, imitation of his outreach toward the poor, "our masters."



SUPPORT IS HERE

Free Therapeutic Counseling Services

Today, we are faced with too many social, emotional, and employment or academic related challenges. When experiencing these challenges, it often creates stress and can negatively impact your health and home life. These challenges are only made worse for many because of impacts related to COVID-19.

JFKU's Community-Based Counseling Program has partnered with St. Vincent de Paul of Contra Costa County to provide clients, patients of the free clinic, employees and volunteers the opportunity to receive therapeutic counseling services that address these challenges.

Please contact a St. Vincent de Paul of Contra Costa County representative to learn more about these services and complete a referral form.

Call (925) 439-5060 or
www.svdpc-cc.org for info on St.
Vincent de Paul Branches and
where to get help

Individual Therapy
Couples or Family Therapy
Group Therapy
Psychoeducational Workshops

Process:

1. **SVdP Vincentian** completes referral form use link:
<https://hipaa.jotform.com/200657652986063>
2. Referral form is sent to JFKU staff.
3. JFKU staff will review referral and be assigned a counselor.
4. JFKU counselor will contact the potential client to arrange an initial assessment/screening and plans for continued treatment.



The Society of St. Vincent de Paul
of Contra Costa County



JOHN F. KENNEDY UNIVERSITY
Community-Based Counseling Program

Zoom Links

Training - Revitalization

Time: Jan. 26, 2021 04:00 PM - 05:00PM Pacific Time (US and Canada)

https://us02web.zoom.us/meeting/register/tZwsdumtrT4pEtaZ1MCrhWDoV1pI735dg_7x

Training - Growing Conferences

Time: Jan. 19, 2021 04:00 PM - 05:00 PM Pacific Time (US and Canada)

https://us02web.zoom.us/meeting/register/tZAod-GvqTouH9YQSLg4Om8Esmm1pa3_rPnV

Topic: Ozanam Orientation 2021 Part I Zoom Meeting

Time: Jan 30, 2021 09:00 AM - 12:00 PM Pacific Time (US and Canada)

<https://us02web.zoom.us/j/86119659592>

Topic: Ozanam Orientation 2021 Part II Zoom Meeting

Time: Feb 6, 2021, 09:30 AM Pacific Time (the US and Canada)

<https://us02web.zoom.us/j/82722626300>

Tuesday's with St. Vincent de Paul - 1st Tuesday Zoom Kick-Off

Interchange and Presentation with Guest Fr. John E. Rybolt, C.M.

Time: Feb 2, 2021 06:00 PM - 8:00 PM Pacific Time (US and Canada)

<https://us02web.zoom.us/j/83688971890>