

**Jesus shows how fragility has its place in the transformation of society. The night before his death, Jesus showed us the way to be, the way to act. He washed the feet of his disciples, an act that would only be carried out in his time by slaves. He became the servant of the servants.**

LENTEN LETTER OF SUPERIOR GENERAL G. GREGORY GAY, C.M., 17 FEBRUARY 2010

**...the Lord speaks loudly to us in the cries of those who are poor. In this Lenten season, we need to raise the question: Are we doing all that we can for those who are cast out from our societies?**

LENTEN LETTER OF SUPERIOR GENERAL G. GREGORY GAY, C.M., 9 MARCH 2011

**I may also add, my dear Daughters, that prayer is like a mirror in which the soul can see all its stains and disfigurements; it notes what renders it displeasing to God; it arranges itself so that it may be conformable to Him in all things.**

ON PRAYER, CONFERENCES OF MAY 31, 1648, ST. VINCENT DE PAUL TO THE DAUGHTERS OF CHARITY

**Lent: a season of coming face to face with the poverty in ourselves.. What holds me back from living as a disciple of Jesus and follower of St. Vincent? What are my worries and fears that block God's grace, and keep me from serving those in need?**

LENTEN LETTER OF SUPERIOR GENERAL G. GREGORY GAY, C.M., 9 MARCH 2014

**...let us keep this example before our eyes— let us never lose sight of the mortification of our Lord, seeing that to follow him we are obligated to mortify ourselves after his example.**

**The rich person who gives his gold does so coldly if he does not unite his lips and his heart with his alms.**

FREDERIC OZANAM, L'ÈRE NOUVELLE, OCTOBER 21, 1848

...the principal [obstacles] are Pride, and the love of our own satisfactions and conveniences—immortification [lack of discipline] of the heart and senses, passion for talk and knowing what passes—busying ourselves with the doings of others; in short the voluntary distractions we allow ourselves in points where neither duty nor charity call for our attention.

ELIZABETH BAYLEY SETON, COLLECTED WRITINGS, 3A, SEC. 9.20, 404-405.

**While meditating on each station, we call to mind those we serve; all we have alienated in any way. We seek reconciliation for the times we have failed to think of the suffering Your son endured and the love You have for all Your children.**

VINCENTIAN STATIONS OF THE CROSS, SSVP CANADA, LYNN L'HEUREUX SPIRITUAL COMMITTEE