

## Are you a radiator or a drain pipe?

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There are at least two aspects to work in school.

The first is work on oneself. This involves bringing measure to the body, for example the right amount of food and exercise. It also means purifying emotions by letting go of negative emotions and enriching the mind by developing reason.

The second is work with and for others. This is where we work with willingly and reliably with others for the benefit of others.

Frederic Ozanam was one such person who worked tirelessly for others.

He said:

*"The question which is agitating the world today is a social one. It is a struggle between those who have nothing and those who have too much. It is a violent clash of opulence and poverty which is shaking the ground under our feet. Our duty as Christians is to throw ourselves between these two camps in order to accomplish by love what justice alone cannot do".*

Those words, spoken in 1834 by the Founder of the Society of St. Vincent de Paul, Frederic Ozanam, remain accurate in today's world.

Frederic Ozanam was 20 years old when he began the Society with a number of friends in Paris on April 23, 1833. He made that defining statement a year later. It encompasses the spiritual ethos of the Society and its focus on working for social justice. The name of St. Vincent de Paul was chosen for the new Society as its patron saint.

Frederic Ozanam laid down the instruction that SVP members must give of themselves, through their time, talents and resources to help the poor. The Society favours a practical, direct approach to dealing with poverty. Members visit families offering support, food and advice.

The Society of St. Vincent de Paul (SVP) was founded in Ireland in 1844. It is now the largest voluntary charitable organisation in Ireland. During its history it has helped people in need through a Famine, a Civil War, a War of Independence, two World Wars and several economic recessions.

Another wise person, Shri Shantananda Saraswati spoke

"If we could only learn that to feed ourselves in bondage, and to look after others is freedom then all would be happy"

Do you consider looking after others as freedom and key to happiness for all?

So for the challenge for this week is:

Do you give more than you take?