

SOCIETY OF SAINT VINCENT DE PAUL  
INTERNATIONAL COUNCIL GENERAL

# INTERNATIONAL TRAINING THE ESSENTIALS OF THE CATHOLIC FAITH





**God wants to make us all holy. He calls us to grow in holiness.  
In his providence, he has given us a way to succeed:  
the Society of Saint Vincent de Paul**



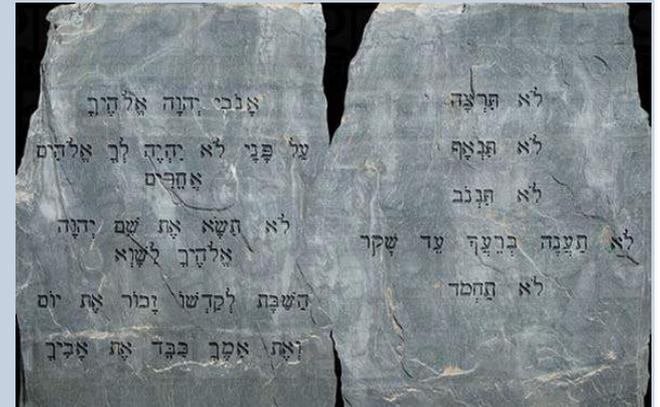
The Society has been **Catholic** since its origins.  
That is why we have to try to live according to  
the teaching of the Church.  
Christian teaching is explained in various  
essential texts:

- The ten commandments
- The commandments of the Church
- The theological virtues
- The cardinal virtues
- The sacraments
- The deadly sins and the contrary virtues
- The gifts and fruits of the Holy Spirit
- The works of mercy
- The Beatitudes



# THE TEN COMMANDMENTS

1. Worship God alone and love him above all
2. Do not take the name of God in vain
3. Keep the Lord's day holy
4. Honour your father and your mother
5. Do not kill
6. Do not commit impure acts
7. Do not steal
8. Do not bear false witness, do not lie
9. Do not be envious
10. Do not be jealous



EXODUS 20, 2-17  
DEUTERONOMY 5, 6-21



# THE COMMANDMENTS OF THE CHURCH

Participate in the Mass,  
on Sundays and Holydays of Obligation

Confess your faults  
through the Sacrament of Reconciliation  
at least once a year.

Receive the Blessed Sacrament  
at least during Eastertide.

Fast on the days set by the Church.

Contribute to the material needs of the Church,  
according to your means.



# PRACTICE

## THE THEOLOGICAL VIRTUES



**FAITH**



**HOPE**



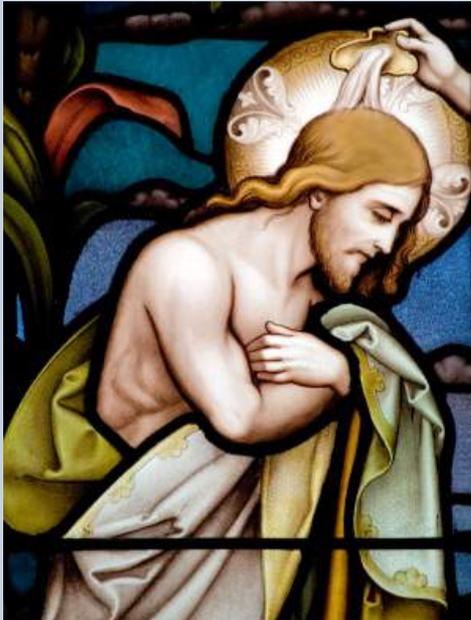
**LOVE**



# AS WELL AS THE **CARDINAL VIRTUES**



# THE SACRAMENTS



Baptism  
Confirmation  
Reconciliation  
Eucharist  
Anointing of the sick  
Holy orders  
Matrimony



# THE DEADLY SINS

Price  
Avarice  
Lust  
Anger  
Greed  
Envy  
Sloth



Every evening, it is good to do a brief **examination of conscience** about:  
The commandments and the sins, to see how we may have injured our God.  
We ask pardon of our Lord, as well as asking him to give us the strength not to repeat our offence.



# THESE SEVEN SINS HAVE SEVEN CONTRARY VIRTUES

Humility

Generosity

Chastity

Patience

Temperance

Charity

Courage





The Conference is **a community of Faith**,  
inspired and led by the **Holy Spirit**.

We ask the Spirit to give us his **gifts**  
and to reveal the action of God in us.

This action produces the **fruits of the Holy Spirit**



## THE FRUITS OF THE HOLY SPIRIT

Charity  
Joy  
Peace  
Patience  
Kindness  
Goodness  
Forbearance  
Gentleness  
Faithfulness  
Modesty  
Self-control  
Chastity



## THE GIFTS OF THE HOLY SPIRIT

Wisdom  
Understanding  
Counsel  
Fortitude  
Knowledge  
Piety  
Fear of the Lord



**In our Christian and Vincentian life we practice  
THE WORKS OF MERCY which must form  
the foundations of our work**

## THE SPIRITUAL WORKS

Teach the ignorant

Give good counsel to those who need it

Correct those who are in error

Pardon offences

Console the sorrowful

Tolerate the faults of one's neighbour  
patiently

Pray to God for the living and the dead



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THE WORKS OF MERCY which must form  
the foundations of our work**

## THE CORPORAL WORKS

Visit the sick

Feed the hungry

Give the thirsty something to drink

Clothe the naked

Offer hospitality to the wanderer

Release captives

Bury the dead



# THE BEATITUDES

## Blessed are...

the poor in spirit,  
for theirs is the Kingdom of Heaven

the gentle,  
for they will have the earth as their heritage

those who mourn,  
for they will be comforted

those who hunger and thirst for justice  
for they will be satisfied



# THE BEATITUDES

## Blessed are...

**the merciful,**  
for they will have mercy shown to them

**the pure in heart,**  
for they will see God

**the peacemakers,**  
for they will be called children of God

**those who suffer persecution for the sake of justice,**  
for the kingdom of Heaven is theirs

