

Good morning/evening everyone!

Now, I don't know about you — but I always think some of life's greatest moments happen over a cup of tea. And this September, as we celebrate the feast days of our founder Blessed Frédéric Ozanam and our patron St Vincent de Paul, I'd like to invite you to join us for Tea with the SVP.

A little bit about us — the SVP began nearly 200 years ago, when Frédéric, a young student in Paris, saw poverty all around him and decided: I can't walk past this. I have to do something. Together with some friends, he started visiting people in need. That same spirit spread across the world — and here we are today, still trying to follow his example, right here in our parish.

You see, the SVP is really about the little things — small acts of kindness that make a big difference. St Vincent de Paul himself said:

"Charity is the cement which binds communities to God and persons to one another."

So my first ask of you this week — while the kettle boils this week, can I challenge you? Take those three minutes and:

- ray for the person you're making tea for (or coffee).
- Think of three people who could use your kindness and consider taking action.
- ← And maybe think of three things you're grateful for like that cup of tea that's nearly ready!

Now, people like their tea in all sorts of ways — milk first, milk last, strong enough to stand a spoon in, or so weak it just waved at the tea bag... and some prefer a coffee and that's a whole other heap of options. At the SVP, we're a bit like that. We're a mix of people, all different, but united by one thing: we try to show God's love in a variety pack of practical ways.

Jesus tells us: "Do not let your hearts be troubled. Trust in God still, and trust in me." (John 14:1) — and part of that trust is knowing that help is there when you need it.

- ← So if you do need help or you know someone who does a visit, a listening ear, a hand with something practical please reach out. That's what we're here for.
- ← And if you can help if you could give a little time, share a cup of tea, or be part of small acts of kindness come and join us!

Let's mark this month not just with tea and cake, but with love in action.

We'll be at Tea with the SVP after Mass — (where there is coffee to) so come over for a chat!

Thank you, and God bless.