

This resource has been produced by the St Vincent de Paul Society. The St Vincent de Paul Society (SVP) is a Catholic international volunteer organisation whose members work with anyone in need in their local community – the homeless, the elderly, prisoners, struggling families, people who are sick and lonely. Young people are an important part of the Vincentian family. We are all called to be like Jesus by helping people, becoming their friend and working with others to make a difference. Find out more and view our school resources by visiting **svp.org.uk/youth-svp**

March: St David, St Patrick, St Joseph & Oscar Romero
The little things matter, The One Who Went Back, The Quiet Doer & The Voice That Wouldn't Stay Silent

1 March — St David
17 March — St Patrick
19 March — St Joseph
24 March — St Óscar Romero

Don't Stand Still

March. A month of daffodils, shamrocks and some very questionable green hats!
A special month for our Welsh, Irish and Nigerian communities. We celebrate St David, patron saint of Wales, and St Patrick, patron saint of Ireland and also honoured as a patron of Nigeria's Catholic community, thanks to the legacy of Irish missionaries.
But behind the celebrations are four people with something important to teach us.
Faith isn't just about what we believe. It's about what we do next.
St David lived in Wales around 1,500 years ago. He's remembered for some wonderfully simple advice: "Do the little things."
Not *change the world by Friday*. Not *become famous for doing good*. Just do the little things.
The unnoticed kindness. The job nobody wants. The phone call you've been meaning to make.
Because little things aren't always little to the person receiving them.
St Patrick was kidnapped as a teenager and enslaved in Ireland. Eventually he escaped and returned home.
You'd imagine that would be quite enough Ireland for one lifetime! But Patrick went back.
Not for revenge, but to serve the very people among whom he'd once been a prisoner.
His legacy travelled far beyond Ireland, including to Nigeria, where Irish missionaries helped establish Catholic communities and St Patrick became a much-loved patron. Patrick reminds us that our past can shape us without having to control us. Sometimes the bravest thing we can do is go back differently.
St Joseph doesn't say a single word in the Gospels. Quite impressive for someone we've been talking about for 2,000 years!
But Joseph didn't need a microphone.
Mary needed support? He stayed. Jesus was in danger? He acted. His family needed protecting? He got them to safety.
No fuss. No grand announcement. Joseph simply noticed what needed doing and got on with it.
Because sometimes love doesn't need a speech. It needs someone willing to say, "I'll do it."
And then there's St Óscar Romero, Archbishop of San Salvador, who lived at a time of terrible poverty, violence and injustice.
Romero listened to people's stories, witnessed their suffering and realised that staying silent was no longer an option.
So he used what he had. His voice.
He spoke out against injustice, defended those being forgotten and was murdered while celebrating Mass in 1980.
Joseph was quiet. Romero spoke out. But they weren't opposites.
Both listened. Both noticed. Both responded.
The important thing isn't whether we're quiet or loud. It's whether we do something when it matters.



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Reflection Questions

1. David reminds us that little things matter. What small acts of kindness have made a big difference to you? How could you do the same for someone else?
2. Joseph acted quietly, while Romero spoke publicly. How do we know when it's time to quietly get on with something and when we need the courage to speak up?

Optional Personal Challenge :

This week, choose one: *Do the little thing. Try again. Step up. Speak up.*
Perhaps it's a kindness you've been putting off, someone you need to reconnect with or something unfair that needs challenging. Nothing enormous. No need to change the world by Friday. Just notice one thing that needs doing, and don't leave it for somebody else.