Society of Saint Vincent de Paul

GOOD SHEPHERD Catholic Parish

SSVP Community Impact: Parish Update

February 2026

Good Shepherd Conference of the Society of Saint Vincent de Paul (SSVP) grounds our work in love of neighbour, compassion, sharing and service. We serve vulnerable members of our community. Many live on their own and on very low incomes. After paying housing costs, they have little left to spend on food.

Making a difference in the lives of those we serve.

Food insecurity affects 1 in 3 households in Nova Scotia. Through your support, we are helping individuals and families gain greater access to healthy food by providing grocery cards. In 2025, we saw a 25% increase in need with 1,067 home visits. Food insecurity will continue to be a challenge for many in 2026. The latest Food Price Report produced by Dalhousie and other universities is projecting an average family of four will pay an estimated $995 more for food this year because of issues like trade and climate change. The estimated annual food costs for a family of four is $17,572, using a projected 4 to 6-per-cent food inflation rate.[1]

THE DIFFERENCE WE ARE MAKING (2025)		
Home Visits	Grocery Cards	Monthly Support (Average)
1,067	$58,800	$4,900

We appreciate and welcome your support. Donations help ensure we can continue to bring food and fellowship to those in need and build a stronger community for everyone. If you can donate financially, you can contribute with your regular collection and use the form below and/or contact the Parish office.

Good Shepherd Conference of SSVP Donation Form

DONATION TYPE

☐ General

☐ In Memory of _____

☐ In Honour of _____

Create lasting impact through legacy giving. If you're interested in making a legacy gift, please contact the Parish Office: office@goodshepherdns.com

DONATION AMOUNT

$ _____

☐ e-Transfer* ☐ Cheque ☐ Cash

☐ Online Canada Helps: SSVP Good Shepherd Parish

*e-transfer to gspbooks@bellaliant.com – in the personal message box, include a note that you're directing the donation to our SSVP Conference. **Please note: tax receipts are issued for all donations.**

DONOR NAME

DONOR ADDRESS OR ENVELOPE NUMBER

TELEPHONE

EMAIL

Charitable Registration Number: 132410671 RR 0377

The Lord hears the cry of the poor.

Psalms 34:7

In his message for Lent 2026[2], Pope Leo XIV urges Catholics to listen more closely to God and others — and to "disarm" their language by fasting from words that wound. The pope invites the faithful to ask for grace and strength during the penitential season.

"Let us ask for the grace of a Lent that leads us to greater attentiveness to God and to the least among us," he writes. "Let us ask for the strength that comes from the type of fasting that also extends to our use of language, so that hurtful words may diminish and give way to a greater space for the voice of others."

"Let us strive to make our communities places where the cry of those who suffer finds welcome, and listening opens paths towards liberation, making us ready and eager to contribute to building a civilization of love."
~ Excerpt from Pope Leo's Message for Lent 2026

In the spirit of Pope Leo's message, let us introduce you to a few of the individuals we serve.
Note their names have been changed to protect their privacy.

Melissa

Melissa suffers from anxiety and depression. She has a support worker who checks on her and has found her a safe, clean and comfortable apartment. She owns very little. Her clothes are mismatched and usually need laundering. Melissa has a teenaged son who she doesn't see very much. She is friendly and is happy to see us.



1. Globe & Mail, Dec. 4, 2025
2. EWTN Vatican

Joe

Joe grew up in the parish neighbourhood. He remembers better days and family life, but he also shares he has had more than a few dark, hard days. Joe has struggled with alcohol and substance abuse in the past. Today he is recovered but he lost contact with family and doesn't have any close friendships. He lives in a rooming house not far from the neighbourhood he grew up in. He says his room is large enough – it has a sink. He shares a bathroom and kitchen with other residents who increasingly are arriving with more complex mental health needs and addictions. Joe has started to feel unsafe in the rooming house. "The police visit more frequently", he says. He is grateful for our visits, "It's nice to have someone different to talk to. You really seem to care".

Carol

Carol is a senior living on a fixed income in an affordable housing complex maintained by the province. She always has a smile on her face and is happy to see us, but underneath the smile you can also see her anxiety. She worries about her monthly budget. Her food costs have increased significantly over the past few years. She says, "every week is a game of choices. Some of the basics like fruit, coffee and meat have become luxuries. It's a challenge to make food dollars last the full month."

Help our neighbours in need

Good Shepherd Parish Society of Saint Vincent de Paul invites you to help our neighbours in need, especially in these uncertain times.

You can lend a hand by:

- joining SSVP as a volunteer
- making a financial donation to SSVP
- participating in our parish's collection of food donations
- supporting our parish partnerships with Hope Cottage and St. Andrew's Sunday suppers

To learn more about how you can help, email: societyofsvp.goodshepherd@gmail.com

Thank you! We owe our deepest gratitude to the commitment and kindness of our donors.