**Bl. Frederic Ozanam**

Here is an annotated reprint from an article that was published on Fam-Vin(the international website of the Vincentian Family), as a way to introduce you to Frederic Ozanam, whom our National President, Ralph Middlecamp, will teach us more deeply.

Over the centuries, the Church has raised men and women to the altar; many have been adults, some elderly, and others vowed celibacy due to their monastic or priestly vows. But now we are offered a young man as a model, whose brief life (April 23rd, 1813 to September 8th, 1853) was exceptionally blessed.

This young man elevated family, conjugal and fatherly love to a great height. His many and varied commitments, all sustained with the same spiritual vigor, were dedicated to faith and charity, the Church, the poor, science, and the democratic spirit. Last but not least, he was a man of flesh, blood, and spirit just like us, who incarnated a type of Christian with whom we can identify. He [Frederic] also incarnated an ideal that was nourished by the Gospel and provided answers both to the questionings of his contemporaries and to the concerns of our generation.

We can never forget that the 19th century, in which Bl. Frederic Ozanam lived and worked, was the preparation for our 20th century which has now ended. Similar to the last century, this century is moved by new ideas and technological, economic, social, and spiritual change.

Yet, one can say quite honestly that Ozanam's life was unique. To insensitive eyes and heart, his existence can seem to resemble many others. It has a more powerful influence over our world, this modern world that is so eager for light. When we call upon the Blessed Ozanam for help, it should not be first and foremost to obtain some favor, but above all to ask that our lives as men and women, especially the youth of the world, be invigorated by his example and his witness

**A Man Like Us**

Frederic Ozanam has sometimes been pictured as a holy man who was quite remote from the world – so given to God, piety, and holy works that he could seem unfamiliar with common human passion. This image of him must be discarded once and for all. For when we become acquainted with Frederic's writings and with his tremendous and numerous correspondence, and when we read the witnesses of his daily life, we discover a fascinating soul. This generous heart was never satisfied and always on the alert, beating at the same rhythm as his next of kin, friends, and brothers and sisters in adversity.

**A Man of Flesh and Blood**

Frederic was not different from other human beings. As with every one of us, Frederic was concerned about his health, the condition of his family, his standard of living, his future, his success, his promotion in the university, winning such and such a prize or decoration, or quite simply, that life was slipping by and not allowing him to pursue his scientific work as far as he would have wished.

**A Religious Sensibility**

Man does not live on bread alone; above all, he needs spiritual food. Frederic was provided with this thanks to his parents and teachers. However, like many young people, he was assailed with doubts about the truths of faith and the Christian meaning of life during his adolescence. It was sometimes hard to imagine a possible harmony between Divine Revelation and the modern world that was already turning away from God and thirsty for technical progress.

**A Lucid Mind**

Frederic was lucid about himself and his faults. This moved him, on the one hand, to ask forgiveness of those who were wounded by his changes in mood; on the other, to maintain an attitude of humility which was only to be intensified over the years with the failing of his health and the trials towards the end of his life. This created genuine spiritual poverty in him, even to the point of his surrender to the divine will.

Here are some Books about Frederick Ozanam you can access.

SVDP National – Members Home

<https://ssvpusa.org/product-category/spirituality/>

<https://ssvpusa.org/product-category/heritage/>

• The Apostle in a Top Hat - James Patrick Derum - Available from SVDP National Council

• Frederic Ozanam Story

• The Book of the Sick - Frederic Ozanam - Available from SVDP National Council

• Antoine Frederic Ozanam - Ray Sickinger - Available from SVDP National Council

• 15 days of Prayer with Blessed Frederic Ozanam - Christian Verheyde - Available from SVDP National Council

I, Frederic - Fr. Ronald Ramson

<https://www.ssvpglobal.org/i-frederic-ozanam-in-his-own-words/>

Here are some videos you can watch and download on Frederic.

A Vincentian Minute: 3 things about Blessed Frederic Ozanam

<https://famvin.org/en/2021/08/22/a-vincentian-minute-3-things-about-blessed-frederic-ozanam/>

September 9th: Feast of Blessed Frederic Ozanam - VinFormation

<https://vinformation.org/en/vincentian-formation-resources/prayers-celebrations-seasonal/sept-9-feast-of-blessed-frederic-ozanam/>

Encounter: "The Life and Legacy of Blessed Frederic Ozanam

April 27, 2019, St. Vincent de Paul's Ralph Middlecamp and Ray Sickinger on Catholic Faith Net-

work Series "Encounter"

<https://famvin.org/en/2021/08/22/a-vincentian-minute-3-things-about-blessed-frederic-ozanam/>

Additional YouTube Resources

If you search for these terms on YouTube you will find excellent videos:

Frederic Ozanam

Frederic Ozanam Feast Day

Frederic Ozanam Prayer

Frederic Ozanam Biography