

Dear St. Vincent De Paul Parish,

From January 1st-5th I had the privilege of attending the SEEK Conference in Denver, Colorado. SEEK is a Catholic conference for college students to grow in their relationship with God, explore the faith, and interact with other Catholics across the country. SEEK had 3 different locations this year: Denver, Fort Worth, and Columbus (which was the main location.) There were 5,000 attendees at the Denver conference, and there were over 26,000 people that attended a SEEK location. There was a 24% increase in attendance from last year, which is incredible!

Each day of the conference there is Mass, breakout sessions, keynote speakers, and other fun student events, like a concert! It is incredible to see so many people loving the Lord all in one place. The attendees include college students, FOCUS missionaries, priests, monks, sisters, and community members!! It is truly a beautiful experience that I feel like anyone could benefit from.

I would like to share a couple of key takeaways from SEEK 2026:

God knows me, sees me, and loves me.

- He created me intentionally and calls me by name, just as Scripture reminds us that we are fearfully and wonderfully made. Through His grace, I am never alone, because Christ walks with me in every joy and struggle of my life. In the sacraments, especially the Eucharist, God makes His love visible and tangible, drawing me closer to Him. Trusting in His divine plan, I place my life in His hands, confident that His love is constant and faithful.

Jesus transforms hearts.

- Through His mercy and forgiveness, He heals what is broken and restores us to new life. In encountering Him through prayer and the sacraments, especially Reconciliation and the Eucharist, our hearts are softened and renewed. He calls us to turn away from sin and to grow in love, humility, and compassion. By surrendering our hearts to Christ, we are gradually shaped to reflect His love to the world.

Suffering produces endurance, and endurance produces character.

- When united with Christ's own suffering on the Cross, our pain takes on redemptive meaning and is never wasted. God uses trials to purify our hearts, teaching us trust, humility, and perseverance. Through grace, endurance strengthens our faith and draws us closer to God's will. In time, this formed character reflects Christ more fully and prepares us for the hope of eternal life.

~Madison Dominy