



Who Was Matt Talbot?

Matt Talbot Kitchen & Outreach (MTKO) is named in honor of Matt Talbot, an Irish Catholic alcoholic known as the “Patron Saint” of Alcoholics. Born in Dublin in 1856, Matt started drinking when he was 12 years old. By the age of 13 he was a confirmed alcoholic. He continued his alcoholic ways until 1884 when, at age 28, he vowed to quit drinking and devote his life to working and doing penance. He kept only enough of his income to provide a bare existence for himself. The rest of his earnings were donated to helping poor families of his fellow workers or his church family. In 1925, at age 69, Matt passed away.

The Catholic Church has since venerated Matt Talbot. For many alcoholics, his life provides a powerful example of conversion, recovery, and hope.

