

# Spiritual Reflections for the month of November 2023

Please choose a reading and questions for reflection.

## **Journeying Together Entails a Change**

Pope Francis – “let us not forget that journeying together and acknowledging that we are in communion with one another in the Holy Spirit entails a change, the growth that can only take place, as Benedict XVI wrote, ‘on the basis of an intimate encounter with God, an encounter which has become a communion of will, even affecting my feelings. Then I learn to look on this other person not simply with my eyes and my feelings, but from the perspective of Jesus Christ. His friend is my friend.’”

### **Questions for Reflection:**

- 1) Do I see our Neighbours in Need through my feelings about them?
- 2) Are those feelings driven by my relationship with Jesus?
- 3) Do I need the Holy Spirit to help me in seeing them as truly my neighbours?

### **Closing Prayer:** (from Morning Prayer – Lauds)

Lord – give us the discernment to know the needs of our neighbours and give us the courage to love them as brothers and sisters. Amen

*- Vincentian Annette Gentles, St. Dominic Conference, Peel PC*

## God pours out his inexhaustible gifts on the humble

### Gospel: (Matthew 23: 1-12)

Jesus spoke to the crowds and to his disciples, saying, *“The scribes and the Pharisees have taken their seat on the chair of Moses. Therefore, do and observe all things whatsoever they tell you, but do not follow their example. For they preach but they do not practice. They tie up heavy burdens hard to carry and lay them on people’s shoulders, but they will not lift a finger to move them. All their works are performed to be seen...They love places of honor at banquets, seats of honor in synagogues, greetings in marketplaces, and the salutation ‘Rabbi’ As for you, do not be called ‘Rabbi.’ You have but one teacher, and you are all brothers. Call no one earth father; you have one Father in heaven. Do not be called ‘Master’; you have but one master, the Christ. The greatest among you must be your servant. Whoever exalts himself will be humbled; but whoever humbles himself will be exalted.”*

### Reflection:

Jesus tells us that there is only one God (one Father, one teacher, one master) and all our direction comes from keeping God central. When our focus is right, then our relationships are right. God as center leaves us servants, both of God and of one another. Keeping our focus on God doesn’t allow us to seek honors and recognition. It allows us to serve God in one another. The surprise and good news is that when we keep our focus on God and serve one another, God exalts us! (Living Liturgy, p. 268)

### Vincentian Meditation:

“Let us stop saying, ‘It is I who have done this work.’ For every good thing ought to be done in the name of our Lord Jesus Christ. God pours out his inexhaustible gifts on the humble, those who recognize that all the good done by them comes from God.”

–St. Vincent de Paul - (McKenna, Praying with Vincent, p.74)

### Question for Reflection:

Share the times when you have found that God indeed “pours out his inexhaustible gifts on the humble”.

### Closing Prayer:

We celebrate the mystery of your presence in our lives.

Filled with joy, we pray: **Glory to you, Lord Jesus Christ!**

There are those who do not know your presence, **may our lives be a sign of faith for them.**

There are those who do not know your presence, **may our lives be a sign of hope for them.**

There are those who do not experience your love, **may our lives be a sign of love for them.**

There are those who are poor and oppressed by others, **may our lives be a sign of justice for them.**

**Amen**