

Spiritual Reflections for September 2025

Please choose a reflection and mediation

Spiritual Reflection: “*Be Assured...*”

St. Vincent de Paul to Louise de Marillac, 1629 :

« . . . the secret of your heart, which I truly wish may belong entirely to Our Lord. I beg the Blessed Virgin to take it from you so as to carry it off to heaven to place it in her own and in the heart of her dear Son. But do not think that all is lost because of the little rebellions you experience interiorly. It has just rained very hard and it is thundering dreadfully. Is the weather less beautiful for that? Let the tears of sadness drown your heart and let the demons thunder and growl as much as they please. Be assured, my dear daughter, that you are no less dear to Our Lord for all that. Therefore, live contentedly in his love and be assured that I shall be mindful of you tomorrow at the sacrifice which . . . I shall offer to the supreme Sacrificer. . . .”¹

Question: When was there a time when you felt completely assured? A time that you felt the peace of God without condition?

Submitted by Bro. Alex Damm, St. Jerome’s Conference, Peel North Particular Council

¹ Excerpt from *Vincent de Paul and Louise de Marillac: Rules, Conferences and Writings*, ed. Frances Ryan and John E. Rybolt, introduced by Hugh F. O’Donnell et al., preface by Amin A. Tarrazi, Classics of Western Spirituality (New York · Mahwah: Paulist Press, 1995), 153.

Spiritual Reflection: Faith In Action

If you pour yourself out for the hungry and satisfy the desire of the afflicted, then shall your light rise in the darkness and your gloom be as the noonday. And the Lord will guide you continually, and satisfy your desire with good things, and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters do not fail. And your ancient ruins shall be rebuilt; you shall raise up the foundations of many generations; you shall be called the repairer of the breach, the restorer of streets to dwell in. (Isaiah 58:10-12)

This passage urges us to give of ourselves fully to the hungry and afflicted, assuring that in doing so, our light will break through darkness and our lives be restored. St. Vincent de Paul reflects this call: *“Go to the poor: you will find God.”* Serving others is more than charity—it is a sacred encounter with Christ. He also reminds us: *“Put your trust in Him and following His example, always act humbly, graciously, and in good faith.”* When we serve with love and trust in God, transformation follows. Blessed Frédéric Ozanam, our founder, affirmed that true compassion requires our whole selves: *“Yours must be a work of love, of kindness; you must give your time, your talents, yourselves.”* By letting go of comfort, pride, and control, we become instruments of healing. God renews us in the act of giving, making us like ever-flowing springs.

Reflection Questions

1. How are you being called to give of yourself to those who are suffering today?
2. In what ways can trusting God more deeply lead you to greater acts of love?

Let us pray... Lord, help me to see You in the faces of the poor and the broken. Give me the courage to serve with love, the humility to trust in You and the strength to give of myself each day. Guide my steps, and make me a channel of Your healing grace. Amen.

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