

Spiritual Reflections for October 2025

Please choose a reflection and mediation

Spiritual Reflection: Thanksgiving

Adapted from *Home Visits in the Vincentian Tradition*

by Fr. Robert Maloney, CM Spiritual Advisor of the International Council General

Befriending

In this season of thanksgiving, let's take a moment to reflect on some of the gifts we give and the gifts we receive through the practice of home visits.

"One of the principal gifts we can give those we visit is friendship. Friendship lies at the heart of Jesus' relationship with his followers. He says to them, "I no longer call you servants. I call you friends." John 15:15. As visitors who come as friends, we offer our marginalized neighbours emotional, moral, spiritual, and material support.

Likewise, Pope Francis has urged contemporary society to create a "culture of encounter" and a "culture of dialogue," in which we are prepared not only to give, but also to receive from others. If we are to serve the poor with a love that is "affective and effective," as St. Vincent puts it, we must gain their trust during visits, offering our friendship and showing them the respect that we hope others will show us."

Frederic Ozanam in his letters wrote often about home visits. He saw the visitor and the visited as intimately united. In 1836, he wrote, "*We rejoice that the number of families that we are going to visit is growing, because it seems to us that they form, with the members who visit them, two parts of the same society. Those who are helped provoke and revive the charity of those who help them; In this way, they assist each other, they live in the same spirit*".

Reflection Questions

1. How would you understand the claim that Vincentian visitors and neighbours in need 'live in the same Spirit'?
2. Can you recall particular visits where the Spirit of Charity clearly flowed in both directions?

Sr. Yvonne Gray, Chair Spirituality Committee & St Anselm's Conference TEPC

Spiritual Reflection: What about thanksgiving?

When I met with my spiritual director
“Sister” I said,
“Through the years
I’ve reflected, prayed,
participated in groups, counsellings,
direction
and I’ve made progress.
I’ve moved on to forgiveness.
The resentments are gone.

Now what?”

“What about thanksgiving?” said she.

I felt almost silly,
it was so obvious.
retreating into my self-sufficient cocoon.
Why else ask the question?

Once you say “thank you”
something happens.
You know you didn’t arrive here alone.
You are free to receive the grace.
It becomes integrated
a part of you.
And then you know
you can move forward.

Question for reflection: what prompts you to be grateful?

Sr. Grace Colella, Our Lady of Lourdes Conference, TEPC