

# Spiritual Reflections for the month of December 2025

## Christmas Reflection from Howard Thurman

### The Work of Christmas

*When the song of the angels is stilled,  
When the star in the sky is gone,  
When the kings and the princes are home,  
When the shepherds are back with their flock  
The work of Christmas begins:*

*To find the lost,  
To heal the broken,  
To feed the hungry,  
To release the prisoner,  
To rebuild the nations,  
To bring peace among brothers,  
To make music in the heart.*

This is a repeat but always a good reminder that as Vincentians we are called to join in sacred work and as the Christmas message announces, God is with us.

Have a Blessed Christmas.  
From GTAA Spirituality Committee

---

## Spiritual Reflection: December 2025

### A final word on Hope...for now

We have been reminded, during this past year's Jubilee of Hope, that Hope is a virtue for hard times: *Hope is the recall of good in the past, on which we base our expectation of good in the future, however bad the present. The spiritual task of life is to feed hope. Hope is not something to be found outside of us. It lies in the spiritual life we cultivate within.*” [Sr. Joan Chittister]

Our community of GTA Vincentian conferences has unexpectedly been visited by hard times this year. We are enduring conflict, division, and uncertainty about the future. It is challenging to follow the issues and we have no choice but to await the outcome of a process of resolution over which we have little control. This conflict has become a major distraction at a particularly busy and vital time for our parish conferences.

Where are we to find balance, how are we to feed hope at this time? Perhaps we can begin by reflecting on our own conference members. Let's take a minute to appreciate the good that each person brings to the group: consider the *'gifts that differ according to the grace given to us...; the teacher, in teaching; ...the giver, in generosity; the leader, in diligence; the compassionate, with cheerfulness,* [Romans 12]. Let's go further, and consider the many prayers answered by SSVP members, active in Canada since 1846. Nearly two hundred years of practical help with food, beds, and clothing, and even more so the intangibles; a listening ear, a non-judgemental presence, neighbours in need who know they have been heard. Let us look to our own region, to consider the energy, the people, the goodwill in donations and bequests that built our 17 shelters and homes for men and women in need of support. Consider even the unlikely people who brought the Society to Toronto and laid the groundwork for all this good work – the French, poor famine-stricken Irish, Italian labourers, Catholics from many parts forced by economic hardship to seek out new lives. Perhaps that is laying it on a bit thick, but all to say that we are inheritors of a resilient tradition.

*So brothers and sisters: let us remember that 'we, who are many, are one Body in Christ and individually parts of one another. ... Let love be genuine; hate what is evil, hold on to what is good; love one another with mutual affection; anticipate one another in showing honor. Do not grow slack in zeal, be fervent in spirit, serve the Lord. Rejoice in hope, endure in affliction, persevere in prayer.* [Saint Paul to the Romans 12:5-16a]

No questions: instead take a moment to ponder our inheritance and be hopeful for the future.



Blessings of this special season on your conference, and your Christmas activities.  
May the peace and joy of this Christmas Season be with you.

- Sr Yvonne Gray and the Spirituality Committee