

Spiritual Reflection for February 2026

Please choose a reflection for review: **Visiting the Poor or Celebrating February**

Visiting the Poor (1935)

“Love and peace are two blessings which we endeavour to preserve amidst us; and, if we enjoy them ourselves should we not attempt to diffuse them, especially among the poor, whose troubles we endeavour to assuage, not aware that physical want is often the least of their misfortunates? The old man alone in the world, the orphan child, may no doubt suffer from cold and hunger; and yet, of possible evils, these may be the least dreaded; for public commiseration may readily come to their assistance, but that which afflicts them, is that no friendly hand ever presses theirs, no kind heart shares the burden of their sorrows; and then their thoughts revolve in melancholy solitude. Here the Society of St. Vincent de Paul endeavours to fill up the chasm. Its members go forth among the poor, not simply to dispense material help but, with a tender heart which, through the grace of Jesus Christ, flow words of consolation, which are truly gifts of the best kind, they bring home to the poor man the conviction that he is not only commiserated and assisted, but beloved. It is the part of the Vincentian Brother to pay not merely a flying visit to the abode of the indigent, but to enter leisurely; to seat himself on, perhaps, the only chair the room contains to listen to his tale of misfortunates; to encourage the disclosure of some soul-oppressing secret; to mingle tears with tears; and thus, by gentle patience and kind demeanour to implant gradually in that withered hear feelings of gratitude for the friendship shown him. Oftentimes, the poor are unbelievers, oftentimes ignorant. They know not that this life of sorrow and expiation is followed by eternity; that in heaven reigns a merciful and indulgent God.

It is thus that the Conferences of St. Vincent de Paul have ever understood the duty of visiting the poor; and most happy results have flowed from this view. In fact, how little can we do, at best, towards alleviating the material wants of the poor—how little towards assuaging hunger and clothing nakedness. Scarcely two pounds a year can we give, even to large families completely destitute. We are, therefore, in this respect, necessarily restricted by our limited resources, but when we are to bestow spiritual alms upon the poor, then, indeed is our treasury inexhaustible, because we command the very graces of God himself.

SSVP – Manual of the Society of St. Vincent de Paul, Translated from the French 20th edition, printed in Ireland and issued by the Society of St. Vincent de Paul. First Impression 1935. Imprimatur Joanne Carolus, Arciep. Dublinen, Hibernice Primas. Approbation His Eminence Cardinal Verdier, Archbishop of Paris, 1 November 1934.

Discussion Question:

1. What has changed and what stays the same in the 100 years since this commentary?

- Submitted by Sr. Debra Rolph St. Anselm's/Our Lady Perpetual Help conference, Toronto East PC

Celebrating February

February's spiritual landscape is defined by its Latin root *februare*, meaning "to purify". February is a month for cultivating deep spiritual reflection, focusing on love, healing, and intentionality, often aligning with the themes of Lent and inner renewal. It represents a time to pause, trust in divine timing rather than rushing ahead, and nurture the heart's connection to God. This short, transitional month encourages letting go of burdens and embracing spiritual growth.

Key spiritual reflections for February include:

- **Cultivating Inner Love:** Centering on the "heart of Jesus," February is a time to explore deeper intimacy with the Divine, focusing on love as a powerful, expansive force in daily life.
- **Healing and Renewal:** It is a time for the Lord to bind up broken hearts, offering a period of gentle healing and divine restoration of strength.
- **Intentional Waiting and Trust:** Rather than rushing forward, this month calls for walking closely with God, trusting His timing, and letting go of the need for immediate results.
- **Silent Contemplation:** Embracing the stillness of winter by dedicating time to prayer, even in short increments, to rest in God's presence.
- **Active Faith:** A call to let faith manifest in actions—living with gratitude, purpose, and kindness to others, especially as a time of spiritual purification.
- **Scripture Focus:** "But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint" (Isaiah 40:31).
- **Actionable Advice:** "Don't rush ahead of God. Walk with Him... Some answers will come quietly. Some doors will open without struggle".

Discussion Question:

Which spiritual reflection from the above list do you find the most challenging, and how do you overcome the challenge?

Prayer:

Heavenly Father, thank You for the gift of this new month. Lead us away from doubt and direct us toward purpose. May this February be a time of renewal, where every crooked path is made straight and our hearts are filled with Your unshakable peace. Amen