

Spiritual Reflections for June 2026

Please choose a reflection for review:

REVERENCE FOR THE POOR: from Vatican II 1965 in *Gaudium et Spes*.

Gaudium et Spes, (or in English *Joys and Hopes*) is the Church's most authoritative, inclusive source of Catholic social teaching, approved by council and pope together. It calls the people of God to solidarity with the people of our world.

"The joys and hopes, the griefs and anxieties of the people of this age, especially those who are poor or in any way afflicted, these, too, are the joys and hopes, the griefs and anxieties of the followers of Christ" (#1).

"Today, there is an inescapable duty to make ourselves the neighbour of every individual, without exception, and to take positive steps to help a neighbour whom we encounter, whether that neighbour be an elderly person abandoned by everyone, a foreign worker who suffers the injustice of being despised, a refugee, an illegitimate child wrongly suffering for a sin of which the child is innocent, or a starving human being who awakens our conscience by calling to mind the words of Christ: "As long as you did it for one of these, the least of my brethren, you did it for me". (Matthew 25:40) (#27)

Vincentians serve the poor cheerfully, listening to them and respecting their wishes, helping them to feel and recover their own dignity, for we are all created in God's image. In the poor, they see the suffering of Christ. (Rule And Statutes – Page 96: 1.8)

Reflection question:

1. We celebrated the 50th anniversary of Vatican II in 2025. How do you think our church 'in the modern world' is doing in refocusing our attention on alleviating suffering and love of neighbour?

- Submitted by Sr. Martha Eloi, St Boniface Conference, Scarborough East Particular Council

Reflection: Focusing on THE LORD

Keep your eyes fixed on Jesus, the leader and perfecter of faith. For the sake of the joy that lay before him he endured the cross, despising its shame, and has taken his seat at the right hand of the throne of God. (Hebrews 12:2)

Archbishop Emeritus Thomas Cardinal Collins in his Daily TV Mass homily on September 6, 2025, talked about our tendency to give all our energies to living out our primary values - running after this and that, always busy with what we deem most important – thereby, losing perspective on who we are before the Lord. His Eminence warned that this may lead us to look down on other people who are not as effective or productive as we are and therefore, leave on the fringes or even exclude those living precariously from day-to-day.

May our minds let go of thoughts to seek more possessions and advantage over others, going beyond appearances, power, prestige, and other worldly concerns and anxieties. May we instead forge closer relationship with Him and care more deeply for others.

Reflection Questions

1. What does it mean to you to focus on the Lord? How can you focus on the Lord in your life?
2. How are you being called to work more for the sake of those facing a downturn in their lives?

Let us pray... In Your compassion, Lord, cleanse our hearts from lack of *real* focus, selfishness and indifference towards others, and help us seek Your glorification beyond anything, clearly manifesting in our lives Your Spirit of truth. Amen.

- Submitted by Bro. Jose I. Torres, Peel North Particular Council President

A Prayer for the Month of June

June is a month of transition, marking the arrival of summer, longer days, and the midway point of the year. Spiritually, it invites us to step into the fullness of light, embrace spiritual growth, and find rest in the warmth of the season.

"Heavenly Father, thank You for bringing me to the month of June. As the days grow longer and the earth blooms around me, I pray that my spirit also opens up to Your light and warmth.

Lord, use this midyear marker to refresh my soul. Where I feel weary from the first half of the year, grant me Your supernatural rest. Where I have lost sight of my goals or Your purpose, realign my heart and renew my vision.

I pray for growth this month. Just as crops and trees mature in the summer sun, let the fruits of Your Spirit—love, joy, peace, patience, and kindness—grow deep roots in my life. Help me to cast away any lingering shadows of doubt, worry, or fear, and walk confidently in Your grace.

Bless my family, my coming, and my going. Protect my mind from distraction and keep my eyes fixed on things above. May this June be a season of abundant joy, divine breakthroughs, and deep peace. Amen."

Three Spiritual focuses for June

- **The Power of Light:** Use the extra daylight as a reminder to be a light to others through small acts of kindness and patience.
- **Midyear Reflection:** Take time to review the intentions you set in January. Celebrate your progress, and gently course-correct where needed without judgment.
- **Slowing Down:** Summer often brings a shift in pace. Embrace moments of rest and leisure as holy opportunities to recharge your mind and body.