

Spiritual Reflections for July 2026

Please choose a reflection for review:

July 4, 2026 – Feast of St. Pier Giorgio Frassati, Vincentian – Excerpts From Pope Leo XIV’s Homily on the occasion of his Canonization as a Saint, September 7, 2025.

“Pier Giorgio cultivated his love for God and for his brothers and sisters through simple acts, available to everyone: daily Mass, prayer, and especially Eucharistic Adoration.

Pier Giorgio encountered the Lord through school and church groups — Catholic Action, the Conferences of Saint Vincent, the FUCI (Italian Catholic University Federation), the Dominican Third Order — and he bore witness to God with his joy of living and of being a Christian in prayer, friendship and charity. This was so evident that seeing him walking the streets of Turin with carts full of supplies for the poor, his friends renamed him “Frassati Impresa Trasporti” (Frassati Transport Company)!

Even today, Pier Giorgio’s life is a beacon for lay spirituality. For him, faith was not a private devotion, but it was driven by the power of the Gospel and his membership in ecclesial associations. He was also generously committed to society, contributed to political life and devoted himself ardently to the service of the poor.

Pier Giorgio said: “Around the poor and the sick, I see a light that we do not have.” He called charity “the foundation of our religion” and he practiced it above all through small, concrete gestures, often hidden, living what Pope Francis called “a holiness found in our next-door neighbours.”

One day Pier Giorgio said: “The day of my death will be the most beautiful day of my life.” In his last photo, which shows him climbing a mountain in the Val di Lanzo, with his face turned towards his goal, he wrote: “Verso l’Alto” (“To the Heights”)

Pier Giorgio said: “If you have God at the center of all your actions, then you will reach the end.” This is the simple but winning formula of his holiness. It is also the type of witness we are called to follow, in order to enjoy life to the full and meet the Lord in the feast of heaven.”

[See <https://www.vatican.va/content/leo-xiv/en/homilies/2026.index.html>;]

St. Pier Giorgio Frassati joined the Society of St. Vincent de Paul at age 17. He would have had a comfortable life, but gave everything he earned to the poor in Turin. His passion was mountain climbing and he would bring other youth with him, with part of the day spent in prayer. He was struck with polio and died at age 24 in 1925. His last note was to ensure that a person in need of medication received it.

His parents, unaware of his Vincentian works, were surprised that thousands of the local poor filled the streets trying to attend his funeral. It was the poor of Turin who presented the case for his sainthood. A miraculous cure of a Franciscan seminarian’s torn Achilles in 2018 in California was attributed to his devotion and praying a novena to Pier Giorgio.

Reflection Question:

Simple acts of kindness can positively impact those we serve beyond the chit we provide. Provide recent examples that you have seen where the truth of Verso l’Alto was shown.

- Bro. Greg Horgan, Scarborough East PC

Taken From: The Road to Peace – Writings on Peace and Justice by Henri Nouwen. Ed. John Dear. Orbis Books. 1998

If you live a life of watching and waiting, you will know what kind of call you have. You are not called to solve every problem of the world. Jesus was not called to go all over the world. He was called to be faithful to his own people. Every human being has a call. I work with mentally handicapped people. Sometimes I spend hours with one person, and we barely speak. Does that help people in Bosnia, does that help people in Northern Ireland, does it help people in Somalia? I don't know, but I think it does. I think that when I am faithful to one person who is given to me, when I am convinced that's my vocation, then I am doing more than when I am anxiously trying to put out all the fires all over the world. And that gives me peace.

Discussion Questions:

1. Have you experienced times when you felt helpless or overwhelmed in addressing a situation that a Neighbour-in-Need, or their community is going through?
2. When and how did you come to believe that you were being called to be a Vincentian?

- *Sr. Pauline Robert, Holy Name Conference, Toronto East PC*

A Prayer for July

"Heavenly Father, as we enter the month of July, we dedicate this time to the Most Precious Blood of Your Son, Jesus Christ. Thank You for the ultimate sacrifice that redeemed us and washed away our sins.

Lord Jesus, through the power of Your Precious Blood, cleanse our hearts, heal our wounds, and protect our families. Grant us the strength to face our daily trials and the courage to remain steadfast in our faith. May this month be a time of spiritual renewal, grace, and deep inner peace.

We ask the Blessed Mother and all the saints of July to intercede for us, that we may always walk in Your light and trust in Your redeeming love. In Your holy name, we pray. Amen."