

Spiritual Reflections for the month of October 2026

Please select a reading and reflection

A Franciscan Benediction by Sr. Ruth Marlene Fox, OSB

In Honour of St Francis of Assisi, Feast Day October 4th

May God bless us with *discomfort*.

Discomfort at easy answers, half-truths, and superficial relationships, so that we may live deep within our hearts.

May God bless us with *anger*.

Anger at injustice, oppression, and exploitation of people, so that we may work for justice, freedom, and peace.

May God bless us with *tears*.

Tears to shed for those who suffer from pain, rejection, hunger, and war, so that we may reach out our hands to comfort them and turn their pain into joy.

And may God bless us with enough *foolishness*.

Foolishness to believe that we can make a difference in this world, so that we can do what others claim cannot be done, to bring justice and kindness to all our children and the poor.

If you have the courage to accept these blessings, then God will also bless you with:

happiness—because you will know that you have made life better for others

inner peace—because you will have worked to secure an outer peace for others

laughter—because your heart will be light

faithful friends—because they will recognize your worth as a person.

These blessings are yours—not for the asking, but for the giving—from One who wants to be your companion, our God, who lives and reigns, forever and ever. Amen.

Reflection Question:

Do these 'Blessings' also reflect your Vincentian experience?

~ Submitted by: Vincentian Bro. Greg Horgan, Scarborough East Particular Council

Reflecting on the: Feast of the Archangels (Tuesday, September 29)

Theme: Humility & Person-to-Person Service

Opening Silence: *Let us pause to place ourselves in the presence of God, who meets us in our humility.*

Scripture Reading:

"Very truly, I tell you, you will see heaven opened and the angels of God ascending and descending on the Son of Man." John 1:51

Reflection: Humility at the Doorstep

In the Liturgy for September 29, the Feast of the Archangels, the first reading paints a picture of God on a magnificent, fiery throne served by millions. It is a vision of unmatched majesty. But in the Gospel, Jesus flips this expectation upside down. ***He tells Nathanael that heaven is open right here on earth***, and that the angels ascend and descend upon the Son of Man—Jesus in His human, vulnerable flesh.

For us as Vincentians, this is a profound lesson in ***humility***. Jesus reveals that the majesty of God is not found by looking up into the clouds, but by ***looking down at the dust of the earth where people are suffering***. Our mission calls us to provide person-to-person service to those in need. True Vincentian humility means recognizing that we do not come to a home visit or a food pantry as heroes, fixers, or superiors. We come as fellow broken human beings. If we approach our neighbors with pride or pity, we miss the miracle. But if we approach them with genuine humility, we realize a beautiful truth: **we are not just bringing Christ to them; we are meeting Christ in them.**

Let us check our hearts today. May we serve not out of obligation, but out of a humble desire to love Jesus in the hidden, quiet places where our neighbors hurt the most.

Brief Shared Reflection or Silent Focus: *Take a moment to silently bring to mind one person our Conference serves. Let us ask for the grace to meet them next time with deeper respect and humility.*

Closing Prayer:

Lord Jesus, You emptied Yourself to meet us in our poverty. Strip away all judgment, pride, and

impatience from our hearts today. As we make decisions for our community, help us to see Your face in the poor, and give us the grace to serve them with the deep humility and love they deserve.

All : *Amen*

~ Submitted by Vincentian Bro. Steven Chin-Cheong, Peel Particular Council