

# Spiritual Reflections for the month of October 2024

*From the writings of St. Vincent de Paul*

## Spiritual Reflection: The Value of Humility

Speaking with fellow clergy about the virtue of *humility*, St. Vincent de Paul remarked: “If it be permissible, gentlemen, that today we take humility as the mark of a missionary, in the sense that one distinguishes a missionary by this virtue rather than by her/his name among other Christians and other priests, then oh! Would that our Lord make us a blessing which captures this virtue! We pray that, if someone asks us of our condition, He allows us to say: ‘It is humility.’”<sup>1</sup>

### Discussion

*What is one way in which you try to practice, or could try to practice, the virtue of humility in your engagement with Neighbours in Need?*

### A Prayer for humility

*Lord, may we imitate You in your humble service of persons in need and the marginalized. May we lower ourselves into the necessary state of service and gentleness that will enhance the material and spiritual health of our sisters and brothers, for your greater glory. Amen.*

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## Spiritual Reflection: Seeing Christ in the Poor

St. Vincent:

“I do not need to judge a poor peasant or a poor woman by their exterior, nor by what appears to be the acuity of their mind; inasmuch as they often lack the appearance or the minds of “reasonable people,” they seem coarse and vulgar. But lift this veil and you will see by the light of faith that the Son of God, who wished to be poor, *has shown himself by these poor...*”<sup>2</sup>

### Question for Reflection

*How have you seen, or how might you try to see, the Son of God within, or through, those whom we serve?*

### Prayer

*Father, may we look beyond appearances and discern in those who need our help, Your shining presence, the presence that urges us to serve them. These our brothers and sisters cannot thrive without us; we cannot thrive without them. May our words and gestures to people in need, reveal both their dignity and the honour we gratefully extend to You through them. Amen.*

*- Submitted by Vincentian Alex Damm, St. Jerome’s Conference, Peel North PC*

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<sup>1</sup> From Luigi Mezzadri and Luigi Nuovo, ed., *Saint Vincent de Paul par Lui-même : Pages Choisies* (Rome : CLV Edizioni Vincenziane, 1980), 158.

<sup>2</sup> Quoted in Luigi Mezzadri and Luigi Nuovo, ed., *Saint Vincent de Paul par Lui-même : Pages Choisies* (Rome : CLV Edizioni Vincenziane, 1981), 136.