

Spiritual Reflections for the month of November 2024

Please select a reading and reflection

A Grain of Wheat

“Unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit.”

“Would you be able to drive a man to the store to buy him a walker?” I responded to Ada’s text, my SSVP colleague, “yes, let me know where and when.”

Ada and I picked Peter up at the corner of Jarvis and Wellesley. He walked very slowly and carried a cane. During our trip to the store Peter explained to us how he had tried to get across Jarvis street a few days before but was unable to do so before the light changed. “I really appreciate your help” he said.

As it happens, Peter was well versed in many things. As he spoke of events in his community and world news, my perception of him changed from one who was a helpless invalid to one of superior intellect. He spoke like an insider of the arts, sports and political milestones. On the one hand we were helping him out of a bind and on the other he was gifting us with his extensive knowledge.

Soon our ride back home with his much needed walker was to end and we realized we would not see each other again. Peter expressed his profound gratitude to SSVP for both the cost of the walker and the drive to bring it home. We all realized we’d remember this encounter in the future.

What we all experienced in this meeting was a transformation, the kind that happens when one makes oneself available to the needs of another, only to be blessed in return with unexpected gifts. So it is with the grain of wheat which falls into the earth and dies.

Questions for reflection:

1. When was the last time you tried to help someone in need?
2. What were the consequences of your actions?

- Vincentian Grace Colella, Our Lady of Lourdes, Toronto East Particular Council

Serving our Neighbour As Prayer

From the diary of St. Faustina: Divine Mercy in My Soul

The doctor did not allow me to go to the chapel to attend the Passion Service, although I had a great desire for it; however, I prayed in my own room. Suddenly I heard the bell in the next room, and I went in and rendered a service to a seriously sick person. When I returned to my room, I suddenly saw the Lord Jesus, who said, **My daughter, you gave Me greater pleasure by rendering Me that service than if you had prayed for a long time.** I answered, “But it was not to You, Jesus, but to that patient that I rendered this service.” And the Lord answered me, **Yes, My daughter, but whatever you do for your neighbor, you do for Me.** (Diary, 1029).¹

Reflection:

1. Share a time when you assisted your Neighbour instead of praying. How did you feel about missing your prayer time?
2. Is our dialogue with our Neighbour a dialogue with Jesus Himself? Are we listening to Jesus, or do we tell Him what is best?

Let Us Pray:

Lord God, help me to see the visit with my neighbour as an opportunity to be with You in prayer. May my relationship with You deepen with each visit I make. I ask this in Jesus' name. Amen.

- Vincentian John De Schutter, *St. Joseph the Worker Conference, York South PC*

¹ *Diary of Saint Maria Faustina Kowalska, Divine Mercy in My Soul*, (© Marian Fathers of the Immaculate Conception of the B.V.M., 1987)