



## Simple Spiritual Reflection

*The following spiritual reflections focus on our Vincentian lives, both at a personal level and as members of the Society. They delve, among others, into our common bond in serving others; relationships with our neighbours-in-need and with one another; our journey together toward holiness; and the SSVP mission and selected guiding principles and fundamental characteristics.*

*Conference and Councils may consider using them in their future regular meeting.*

### **Reflection: Inspired by Compassion**

*As Jesus approached the gate of a town called Nain, a man who had died was being carried out. He was his mother's only son, and she was a widow; and with her was a large crowd from the town. When the Lord saw her, he had compassion for her and said to her, "Do not weep." Then he came forward and touched the pallet and the bearers stood still. And he said, "Young man, I say to you, rise!" The dead man sat up and began to speak, and Jesus gave him to his mother (Luke 7:12-15)*

In his Daily TV Mass homily on September 19, 2023, Fr. Dan Donovan of the Archdiocese of Toronto drew on this story: *Beyond the unfolding of the miracle it recounts, the Gospel reading reveals a good deal about Jesus and his mercy. And about the care and concern He had for those who were desperately in need. Given at that time there was no economic safety net for a person like the mother and widow, she would in all probability rapidly be condemned to poverty. In the face of her situation, Jesus is moved by compassion to act. The gift of the miracle was primarily inspired by compassion for the woman and for her future.*

### **Reflection Questions**

1. In what simple ways could you inspire and uplift others?
2. How do you view the sufferings of our neighbours-in-need?

**Let us pray...** Lord, may we grow in greater faith to help us transform other people's lives. May we expand our view and find in our actions the true meaning of helping those in need. Give us the grace to rise above selfishness, cynicism and insecurities.

*Jose I. Torres, Chair National Spirituality Committee*

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About the writer: Jose is a chartered professional accountant. He is a member of Saint John of the Cross, Mississauga, Ontario Conference, a member of the Greater Toronto Central Council Spirituality Committee, and president as well as spiritual facilitator of the Peel North Particular Council.

*For those interested in contributing spiritual reflections, please email [jose.torres@rogers.com](mailto:jose.torres@rogers.com). Also, for current and past months' reflections that may be used in group meeting's spirituality segment, please check out [Spirituality - Society of Saint Vincent de Paul - National Council of Canada \(ssvp.ca\)](https://www.ssvp.ca).*