



Faith in action...finding God in the poor!

Let us honour and celebrate together the feasts of the Society's co-founder, Blessed Frédéric Ozanam, on September 9th, and patron Saint Vincent de Paul, September 27th.

If you pour yourself out for the hungry and satisfy the desire of the afflicted, then shall your light rise in the darkness and your gloom be as the noonday. And the Lord will guide you continually, and satisfy your desire with good things, and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters do not fail. And your ancient ruins shall be rebuilt; you shall raise up the foundations of many generations; you shall be called the repairer of the breach, the restorer of streets to dwell in. (Isaiah 58:10-12)

This passage urges us to give of ourselves fully to the hungry and afflicted, assuring in doing so, our light will break through darkness and our lives be restored. **Saint Vincent de Paul**, our patron, reflects this call: *“Go to the poor: you will find God.”* Serving others is more than charity—it is a sacred encounter with Christ. He also reminds us: *“Put your trust in Him and following His example, always act humbly, graciously, and in good faith.”* When we serve with love and trust in God, transformation follows. **Blessed Frédéric Ozanam**, our co-founder, affirmed true compassion requires our whole selves: *“Yours must be a work of love, of kindness; you must give your time, your talents, yourselves.”* By letting go of comfort, pride, and control, we become instruments of healing. God renews us in the act of giving, making us like ever-flowing springs.

Reflection Questions

1. How are you being called to give of yourself to those who are suffering today?
2. In what ways can trusting God more deeply lead you to greater acts of love?

Let us pray... Lord, help us to see You in the faces of the poor and the broken. Give us the courage to serve with love, the humility to trust in You and the strength to give of ourself each day. Guide our steps, and make us a channel of Your healing grace. Amen.

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For those interested in contributing spiritual reflections, please email jose.torres@rogers.com. Also, for reflections that may be used in your group meeting's spirituality segment, please check out:

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