



The National Spirituality committee wishes you a blessed New Year!

### LIVING HIS KINGDOM IN OUR HEARTS

*Once Jesus was asked by the Pharisees when the kingdom of God was coming, and he answered, 'The Kingdom of God is not coming with things that can be observed; nor will they say, 'Look, here it is' or 'There it is!' (Luke 17:20-21)*

The Kingdom of God manifests when we immerse every aspect of our lives in our Lord's true righteousness, lift those we meet in charity and justice, and grow our faith amid continuing upheavals and dehumanization. His Kingdom is nourished and sustained by our fidelity to His truths and generous self-giving to others.

With greater vigilance for the common goods in our thoughts and actions, and boldness to seek new ways to help those in need, we continue to build up the Kingdom of God. May our hearts be freed from self-centeredness and apathy, and be filled with hope-giving and engagement with many others.

As the New Year unfolds and as we reflect on our lives, His everyday blessings and our Vincentian vocation, may Proverbs 16:3 remind us to *Commit our work to the LORD, and our plans will be established.*

*Jose I. Torres, National Spirituality Committee Chair  
Peel North Particular Council President, Greater Toronto Central Council*

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### OPENING TO GOD'S PROMPTING

*Whoever is kind to the poor lends to the LORD, and will be repaid in full. (Proverbs 19:17)*

As we enter 2026, we are reminded of how spirituality grounds us in the same way it guided Saint Vincent de Paul — toward compassion, humility, and service. It calls us back to prayer and to the quiet listening that reveals God's presence in the people around us, especially those most in need.

As we look ahead at this New Year God has graciously placed into our care, may we first embrace it with gratitude. We give thanks for the opportunity to continue Vincent's mission: to love generously, to serve with dignity, and to see Christ in every person we encounter. The question before us remains: *What will we do with this gift of another year?* We enter it with hearts open to God's prompting, ready to uplift, to accompany, and to act with compassion.

*Willis Langford, Spiritual Facilitator  
St. Mary's (Brampton, ON) Conference/Peel North Particular Council*

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## TAKING ON NEW MEANING FOR BEING BELOVED

*And a voice from heaven said, "This is my Son, the Beloved, with whom I am well pleased."* (Matthew 13: 17)

As a loving Father, Abba, the Lord declares his Son the Beloved and "with whom He is well pleased" - words of affirmation that stir our hearts every time we hear them. Abba demonstrates in this short phrase His love for His only begotten Son and by extension His love for us! That's right, we too are the beloved of God! And so is every person we encounter through our work as Vincentians. We are all beloved!

As we begin this New Year, let us call to mind and allow our hearts to receive this Good News. If we can allow this fact to sink in, that we are beloved, then everything we do takes on new meaning. Of course, we will serve our neighbour because we are beloved of God who loves us first and without limitation, and so is the one we serve! We are foundationally connected through this great love. And when connected to this source compassion, generosity, and self-sacrifice are the natural way forward, together. May our hearts, minds, and hands be ever moved by this knowing and may our Abba guide us ever closer to His abundant love.

*Paul Rossetti, Member of National Spirituality Committee  
Representing British Columbia (BC) and Yukon Regional Council*

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For those interested in contributing spiritual reflections, please email [jose.torres@rogers.com](mailto:jose.torres@rogers.com). Also, for reflections that may be used in your group meeting's spirituality segment, please check out: [\*\*Monthly Reflections - Society of Saint Vincent de Paul - National Council of Canada\*\*](#)