



The National Spirituality committee wishes you and your loved ones a Happy Thanksgiving month.

In Awe and Thanksgiving: God's Love Revealed

I am not particularly outdoors. In fact, my wife and our daughter have nagged me for being a couch potato frequently over the years. But something has changed over the past few months.

For many years now, my family has called Mississauga, Ontario home. Nestled in our community of Meadowvale is Lake Aquitaine – a man-made lake surrounded by winding 3.6-kilometre pathway. This past summer had me taking near-daily strolls around the lake...and, in so doing, deeply reflecting on God's creation of beauty and His love.

Whether walking along the path or resting on roadside benches, I've appreciated images of the Master Builder's plan, etched in people's faces – young and old alike – and made much evident in His other creation's thriving and enjoying His blessings.

Squirrels cross the path on their way to thick bushes and trees, skirting puddles while dearly holding on to morsels of food; flocks of geese in military-like formation waddle along the path or low-glide over the huge stormwater pond. Chirping robins, sparrows and blue jays roam the place in happy co-existence.



Runners, cyclists, skaters, and pedestrians of all backgrounds and ages share the recreational trails: sometimes by themselves, other times with families, pets, or organized groups. I often see young mothers with toddlers in tow or with their babies in strollers, and a few elderly using walkers too. Some do daily tai chi exercises set with music blaring behind the community centre and library building. Nearby lie a small fishing dock, a splash pad, and playgrounds and fields, across which the sounds of young children's giggling, cheering, and shouting in carefree abandon

echo. A disk golf course and fitness equipment at key points in the lake's well-paved periphery offer options - perhaps novelties - to other trail enthusiasts.

My favorite although tiring - trudging up a small hill and navigating short zigzag road, the whole stretch bedecked by towering stands of trees and lush greenery.

With total strangers exchanging good morning's, hi's, smiles, and nods, this idyllic setting has transformed into a vibrant community hub this part of the year.

Mankind created the infrastructures, the artificial lake, and surrounding amenities, yet the Master Builder, in the abundance of His love, inspired the city planners and builders with His vision. Unfailingly, one is in awe of nature and other creations God has given everyone to build on, enjoy, explore, behold, and be grateful for and quietly reminded of. But what do I feel most?

Lake Aquitaine, for all its rich tapestry, is all I need to see His majesty and greatness, to understand the work of His hands, and to witness how He has placed His love to us.

Reflection Questions

1. In what do you recognize and trust God's love to us?
2. How do you reciprocate His love?

Let us pray... Heavenly Father, may we always acknowledge Your kindness and love and share those with all others bountifully. 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: [Monthly Reflections - Society of Saint Vincent de Paul - National Council of Canada](#)