



Monthly Reflections

[Spiritual Reflection - Easter 2021](#)

APPRECIATING THE APPEARANCES OF THE RISEN JESUS

Easter is not just a liturgical feast to be celebrated, it is a process meant to be entered into and lived. When Jesus told his disciples to take up their cross and follow him, he was inviting us to participate in his Paschal Mystery, involving his...

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A LENTEN SPIRITUALITY

Lent is 40 days long, not including Sundays, as every Sunday is considered a celebration of the Resurrection (so technically Lent covers a period of 46 days). Ash Wednesday is the first day of Lent, and it ends on the morning of Holy Thursday, three days before Easter Sunday...

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Upcoming Lent

As we have already journeyed a month into 2021, I would like to place the focus of this reflection on the upcoming Lent, which this year begins quite early.

I am not sure about you, but despite its seemingly rigid structure, I love Lenten Season. It is filled with so many spiritual...

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As a reflection for this month, I would like to take the opportunity to reflect on and to remember the people and families who suffer the most during this COVID-19 pandemic. We now see almost 1.85 million people died of the disease worldwide, almost 16,000 in Canada and over 354,000 in our...

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EXPLORING A VINCENTIAN CHRISTMAS SEASON

Happily, for some years now, the "Advent Missions" I have been conducting have become more "Christmas Season" missions, as we explore the deeper meaning of not just Advent, but also Christmas and the Epiphany. Officially, Ordinary time begins after the Baptism...

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LIVING THE INCARNATION

Reverend Hyland Fraser is a deacon who participated in a pilgrimage to the Our Lady of Guadalupe shrine in Mexico City. On one excursion to a popular market, the group noticed a couple seated on the sidewalk, begging. He happened to pass by them again on his own as the group...

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ORDINARY VINCENTIANS in ORDINARY TIME

As you read this we are in that time between Thanksgiving and Advent, in what the Church calls 'Ordinary Time', the time between and outside of the seasons of Advent/Christmas and Lent/Easter. Ordinary refers to the numbered weeks; it doesn't mean that nothing...

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To Go and Look at Misery

What most astonished Frédéric Ozanam during his university years became a turning point in his life (as happened to Paul on the road to Damascus, Ac 9:1-19, but less dramatically). That was to run out of arguments against those who, in March 1833, were objecting that most...

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"If you forgive others their transgressions, your heavenly Father will forgive you. But if you do not forgive others, neither will your Father forgive your transgressions." (Matthew 6:14-15)

How do we respond as Vincentians when the charity we provide is misused or squandered? It seems shocking to...

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TRANSFIGURATION

*Jesus took Peter and James and his brother John
and led them up a high mountain by themselves.
And he was transfigured before their eyes,
and his face became as dazzling as the sun,
his clothes as radiant as light .*

Suddenly Moses and Elijah appeared to them, conversing with him...

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