



# Reflections

## Prayers for All Saints' Day

*We remember and pray for our family and friends*



Last week at university mass, we asked those present to place the name of a family member or friend who passed away into our prayer basket. This evening at mass, we will remember and pray for our loved ones.

Peter Adam  
Maria Borsai  
Lionel Bradley  
Gary Byrne  
François Boulva  
Shirley Campbell  
Raymond Caron  
Wayne Caron  
Marika & Omelan Chandon  
Kevin Coyle  
Loddie Ekvovich  
Jeff Griffore

Lech & Maria Kaczynsky  
James Konecny  
Mike Lacoursiere  
Mariane Lieg  
Victor Maurizio  
Roza Nock  
Izabela Jaruga-Nowacka  
Margaret Oszlanszky  
Joseph M. Rodrigues  
Gerald Schissel  
Angus Seaton  
Egbert Stang  
Roman Tukaszky  
Clément & Thérèse Turcotte  
David Wink  
David Wong  
Gerald Zettel

## All Saints Day Meditation

**Susan Helene Kramer**

On November 1st each year we celebrate the lives of saints from the past. I see this as a prelude to the grouping of holy days around the winter solstice from the many world religions and traditions.

In the Northern Hemisphere, November it is a time of waning light, a time for more indoor activities of reading and reflection. It is a time of celebration for a bountiful harvest, or a time of quiet and joyful anticipation of a better year to come.

Reflecting on the lives of saints shows us the path through life, though it may be materially difficult at times, has a built in reward in that forever in our meditation we can commune with Peace and Joy.

In your quiet space, light a candle at your small table or altar and burn incense if you desire. On your seat, sit with your back straight, hands folded in your lap or resting palms up or palms down on your thighs. Close your eyes.

Do a few rounds of regular even breathing to calm your body and mind, setting the stage for joy to emerge in your thoughts. Breathe in 2 counts; breathe out 2 counts; breathe in 2 counts and continue.

Allowing your counted breaths to continue on their own, turn your thoughts to appreciation for all that you have in life at this moment.

Reflect that even when times are difficult with your circumstances or relationships, that you have this precious time in meditation to enjoy your restful body and calm mind. Think of some appreciations.

Remember that by their lives the saints have shown that joy is an inner quality that bubbles up to fill in the spaces of each empty-seeming moment with peace and joy, fueling the fires of caring and loving devotion in activities in the world.

Finish your meditation with a deep breath in and out; stretch and go on with peace and joy, renewed and rejuvenated as with the lives of saints before and of today.

**“No longer will the sun be your light by day,  
Or the moon be your light by night.  
I, the Lord, will be your eternal light:  
The light of my glory will shine on you.”**

**Isaiah 60:19**

## Readings for the 31st Sunday in Ordinary Time

### First Reading

Wis 11:22-12:2

Before the LORD the whole universe is as a grain from a balance or a drop of morning dew come down upon the earth. But you have mercy on all, because you can do all things; and you overlook people's sins that they may repent. For you love all things that are and loathe nothing that you have made; for what you hated, you would not have fashioned. And how could a thing remain, unless you willed it; or be preserved, had it not been called forth by you? But you spare all things, because they are yours, O LORD and lover of souls, for your imperishable spirit is in all things!

Therefore you rebuke offenders little by little, warn them and remind them of the sins they are committing, that they may abandon their wickedness and believe in you, O LORD!

### Second Reading

2 Thes 1:11-2:2

Brothers and sisters: We always pray for you, that our God may make you worthy of his calling and powerfully bring to fulfillment every good purpose and every effort of faith, that the name of our Lord Jesus may be glorified in you, and you in him, in accord with the grace of our God and Lord Jesus Christ. We ask you, brothers and sisters, with regard to the coming of our Lord Jesus Christ and our assembling with him, not to be shaken out of your minds suddenly, or to be alarmed either by a "spirit," or by an oral statement, or by a letter allegedly from us to the effect that the

day of the Lord is at hand.

### Gospel Message

Lk 19:1-10

At that time, Jesus came to Jericho and intended to pass through the town. Now a man there named Zacchaeus, who was a chief tax collector and also a wealthy man, was seeking to see who Jesus was; but he could not see him because of the crowd, for he was short in stature. So he ran ahead and climbed a sycamore tree in order to see Jesus, who was about to pass that way. When he reached the place, Jesus looked up and said, "Zacchaeus, come down quickly, for today I must stay at your house." And he came down quickly and received him with joy.

When they all saw this, they began to grumble, saying, "He has gone to stay at the house of a sinner."

But Zacchaeus stood there and said to the Lord, "Behold, half of my possessions, Lord, I shall give to the poor, and if I have extorted anything from anyone I shall repay it four times over." And Jesus said to him, "Today salvation has come to this house because this man too is a descendant of Abraham. For the Son of Man has come to seek and to save what was lost."

### Book Launch and Reception

The members of the St. Joseph's Young Adult Community are warmly invited to attend a reception at the University of Ottawa, where the university's press will launch two recently published books. One of the books, entitled *The 1956 Hungarian Revolution: Hungarian and International Perspectives*, was co-edited by Christopher Adam.

**Reception: 2 November 2010, at 6:00PM in the Desmarais Building (55 Laurier Ave.), in room 3120.**

**Refreshments will be served.**

## Reflections

Please send Reflections your stories, illustrations, thoughts, prayer requests and news ! We welcome all submissions. Kindly send your material by e-mail to the above address and we will make every effort to include it in our next issue. Reflections may edit your submission for length or clarity . If you have any questions on Ottawa's St. Joseph Parish or on our university/young adult ministry, please contact Mary Murphy, the church's pastoral associate. Tel.: 613-233-4095, ext. 227—E-mail: [Mary@st-josephs.ca](mailto:Mary@st-josephs.ca)  
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