

November 2, 2025



Daily Reflections

Photo by Sr. Karin Nürnberg, CSJ, from the Abbey St. Hildegard in Eibingen, Germany

FEAST OF ALL SOULS' DAY

By Sister Jayne Helmlinger, CSJ

From Today's Readings

The souls of the just are in the hand of God, and no torment shall touch them ... they are in peace.

WISDOM 3:1, 3

Hope does not disappoint. ... God proves his love for us in that while we were still sinners, Christ died for us.

ROMANS 5:5, 8

For this is the will of the Father, that everyone who sees the Son and believes in him may have eternal life, and I shall raise him on the last day.

JOHN 6:40

Reflection

Today we celebrate the Feast of All Souls, and we're invited to remember and pray for all the faithful departed. This includes loved ones, friends, neighbors, and even those forgotten by name, though never forgotten by God. Whenever I pray for the persons in my life who are now with God, I include any people who might not have prayers being said on their behalf. It's those persons who are not forgotten by God!

It's a day of mixed emotions – both grief and hope. Grief because death is so final for us; our loved ones are no longer with us upon this earth, and we find ourselves with an ache in our hearts and a void in our lives. Hope is our companion, and our faith assures us that death is not the end point; it is the doorway into eternal life.

This echoes in the verse from Wisdom above. While we may feel loss and sadness, from God's point of view it is the fulfillment of the promise he made to us in baptism – that nothing can separate us from God's love.

St. Paul reminds us that we can trust that we will share in the resurrection because death is not the final word as Christ rose from the dead. In the Gospel, we once again hear the echo of "I shall raise him on the last day." This is God's promise to us! Eternal life is about a relationship with the living God and a communion of our love that begins here on earth and reaches fulfillment in heaven.

We pray for our loved ones not because we doubt God's promise; we pray because love compels us. It is a way to unite us with our loved ones and give praise and lift them into God's merciful embrace.



Image by geralt

For Pondering

- Spend quiet time and lift up to God all of your loved ones who are now saints in heaven. Note the gift and impact these loved ones have had on your life and give thanks to God for each one.
- Pray for those who have died who might not have anyone who remembers and pray for them. They are a part of the communion of saints; let us bring them to consciousness and give thanks for their lives.
- What do you find inspirational about All Souls' Day?

For Prayer

*As we lift up all of the departed, we pray:
Eternal rest grant unto them, O Lord,
and let perpetual light shine upon them.
May they rest in peace.
Amen.*

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