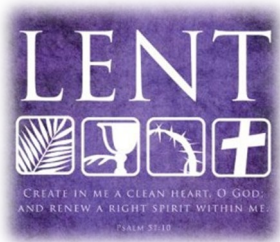


Blessed Theresa of Jesus Gerhardinger: Those who want to erect a building must, first of all, clear the ground of all rubble and brush, then dig a foundation - the higher the building, the deeper, then begin to build and bring it to completion. (MT, letter #2941)

How must I clear the ground of my life to be more firmly rooted in following Jesus?



Conversion The Catechism of the Catholic Church defines **conversion** as *a radical reorientation of the whole life away from sin and evil, and toward God. This change of heart or conversion is a central element of Christ's preaching, of the Church's ministry of evangelization, and of the Sacrament of Penance and Reconciliation.* As we move through these Lenten days, we offer these points of conversion (adapted from our SSND Constitution) on which to reflect.

Christian conversion requires new thinking and new living, a continual change of mind and heart . . . Our call to conversion and our response find expression in

- personal and communal prayer;
- authentic dialogue;
- openness to others and willingness to change,
- acceptance of diversity;
- the discipline of honesty and authenticity;
- mutual encouragement;
- patient response to slights and misunderstandings;
- assuming responsibility for our own interior life and the quality of our ministry;
- personal and communal asceticism;
- humble acceptance of our own inadequacies;
- mutual expression of failure and forgiveness;
- acknowledgment of our participation in social sin;
- encountering the Lord's forgiving love in the sacrament of reconciliation;
- communal celebration of God's mercy, especially during Advent and Lent;
- integration of our spirituality and ministry;
- serious study and professional involvement;
- accepting the responsibility of becoming knowledgeable about world events and issues;
- courageous coping with insecurities and fear;
- attempts to alleviate human suffering, especially that of the poor;
- the promotion of justice and peace.

For Reflection:

1. Which of these expressions of conversion do you feel called to increase in your own life?
2. These words were written specifically for a community; imagine living out these expressions of conversion within a community of vowed religious – perhaps imagining that possibility assists in your discernment.

Looking Ahead

Most of our upcoming activities have been postponed or suspended because of precautions regarding the Coronavirus / COVID-19. Pope Francis has composed a prayer to Our Lady, Health of the Sick, to implore her protection during this pandemic. Let us join in praying:

O Mary, you shine continuously on our journey as a sign of salvation and hope.
We entrust ourselves to you, Health of the Sick.
At the foot of the Cross you participated in Jesus' pain,
with steadfast faith.
You, Salvation of the Roman People, know what we need.
We are certain that you will provide, so that,
as you did at Cana of Galilee,
joy and feasting might return after this moment of trial.
Help us, Mother of Divine Love,
to conform ourselves to the Father's will
and to do what Jesus tells us:
He who took our sufferings upon Himself, and bore our sorrows to bring us,
through the Cross, to the joy of the Resurrection. Amen.
We seek refuge under your protection, O Holy Mother of God.
Do not despise our pleas – we who are put to the test – and deliver us from every danger,
O glorious and blessed Virgin.

Did you know?

Each of our *Vocation Reflections* is available on-line at our website:

<https://ssnd.org/become-sister/vocation-resources/>

This month's resource: For additional reflections during Lent, see these weekly quotes and questions developed by the SSND Vocation Team at <https://ssnd.org/lenten-reflections/>