

Vocation Reflections

May 2022



School Sisters of Notre Dame

“O God, I desire to serve you in all things, even in eating and drinking.
I want to be conscious of you always, because you alone are the end of my desire.
I will serve you constantly with joy, hope and trust, because you are my joy and my help.
So that I may do this, O Jesus, give me an all-embracing zeal and longing for you,
that I may seek you with a joyful heart. Grant me the grace of trust in all my troubles.”

Blessed Theresa of Jesus Gerhardinger, foundress of the School Sisters of Notre Dame

Letter #2, written in 1823

What We Heard: At a recent talk on consecrated life in Minnesota, a mother shared this story:

Sister Dianne told the story of being a fourth grader and getting a great piece of advice from a sister who was teaching her at the time. She was to “Pray three Hail Mary’s every day, asking for guidance in life with her prayers.” When we got home, my 16-year-old daughter told me that Sister Dianne came up to her at the end of the night, spoke kind words of encouragement - and now she’s praying three Hail Mary’s every night! Being a 16-year-old junior in high school is stressful. I’ve prayed with and asked my daughter to pray plenty of times, but there must have been something special about getting the advice from Sister Dianne.



Perhaps Sister Dianne’s example is one we each could take to heart in praying for God’s guidance.

What Can I do to Be More Open to My Vocation? Whatever it is...

- **Give your life to God.** Pray for the grace to follow God’s will, to do what God asks of you, to hand over your fears and doubts to God, to simply be willing to trust in your Creator.
- **Live your Catholic faith.** Embrace what it means to be Catholic – attending Mass every Sunday, praying each day, loving your neighbor, trying to keep the commandments, seeking reconciliation with God and others.
- **Deepen your prayer life.** Develop a routine, a practice each day. Read the scriptures, especially the Gospels, prayerfully; notice what attracts you, what speaks to you. Expand beyond “saying your prayers” to include prayers that strengthen your personal relationship with Jesus; ask for his help, talk with honesty, listen with openness.
- **Create some space in your life for silence.** Let go of all the activity - get some perspective on life. It may be for a few moments at the end of the day, or popping into a church during the week, or simply going for a walk in the park.
- **Grow in holiness.** Be really honest with yourself about your faults and sins. We are each called to be a saint, to find happiness in a life of goodness and holiness. Unhealthy lifestyles that we cling to get in the way of becoming who God calls us to be.
- **Live a life of service.** The desire to be kind and generous will actually help your discernment and deepen your vocation. Every vocation is a call to love, so the more you can grow in active love for your neighbor, the more you can be prepared for your vocation – whatever it is!
- **Find some good spiritual reading.** Have a book that you can dip into every day or two – find something that inspires you about the Christian faith or prayer or the Bible. Read about the lives of the saints, about what the Church believes or about how to pray.

Vocation Reflections is a monthly newsletter for those interested in learning more about discernment, prayer, and other topics related to the consecrated/vowed life. For questions, comments and subscription information, please contact sisters@ssnd.org.

- **Talk honestly with someone you trust.** At some stage you need to talk about your sense of vocation and not just keep it to yourself. Find someone who is wise, prayerful and faithful to the Church – could be an admired lay parishioner, a priest, a sister, a brother, a teacher or a spiritual director.

(Adapted from [How to Discover Your Vocation](#), Fr. Stephen Wang, © 2009)

This month's vocation resource:

What helps you discern the direction God is calling you?

In this clip from the "In Good Faith" podcast, Sister Joan Brown, OSF, shares insights for discerning God's call in confusing times. Hear the full podcast episode #IGF045 at [aNunsLife.org](https://www.aNunsLife.org).

Did you know?

Each of our Vocation Reflections is available online at ssnd.org/become-sister/vocation-resources/.

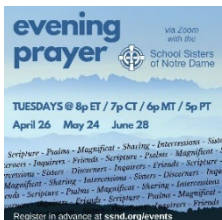
Looking ahead

Click the event title to learn more!



Chicago's Got Sisters

May 21, 2022
10 a.m. - 7:30 p.m.
Chicago, IL



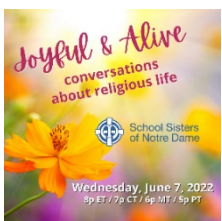
Evening Prayer with the SSND Vocation Team

May 24, 2022
June 28, 2022
8 p.m. ET / 7 p.m. CT
Online



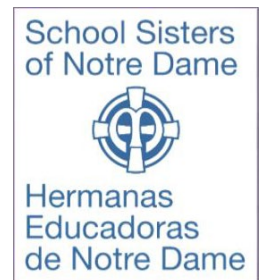
CHOSEN Discernment Retreat

June 3-5, 2022
St. Joseph Abbey
Covington, LA



Joyful & Alive Conversation

June 7, 2022
8 p.m. ET / 7 p.m. CT
Online



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