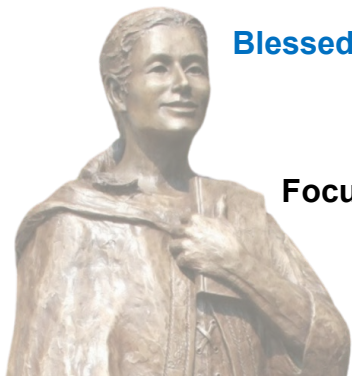


Vocation *Reflections*

April 2023



School Sisters of Notre Dame



**Blessed Theresa, foundress of the School Sisters of Notre Dame, reminds us:
Focus your eyes and your heart steadily on Jesus.**

– Letter 3520, March 6, 1863

Focus: *verb*

1. (of a person or their eyes) adapt to the prevailing level of light and become able to see clearly.
2. pay particular attention to.

How does God guide us and help us discern? (Part 1 of 3)

Recently someone said that if we are discerning a choice or call, we simply needed to “pay attention to what you pay attention to.” When discerning a vocation and “paying attention,” perhaps you will see some patterns emerge and sense that you are being drawn in a particular direction. The following from Fr. Stephen Wang¹ are some indicators that may be helpful:

- **Desire and attraction:** What do you care about? What do you love? What do you feel passionate about? What would you love to commit yourself to? What do you feel pulled towards – even if you can’t explain why?
- **Admiration:** Which people do you admire the most? Is it because of who they are or what they stand for or what they do? What is it about them or their vocation that you have been attracted to? What does it stir up in your own heart? Which person, alive now, would you most like to be? Which saints, from the past, inspire you most? Why?
- **Enjoyment:** What do you like doing; not just for leisure or fun – but what kind of work and activities do you enjoy most? Which bring the best out of you and gives you satisfaction at the end of a hard day?
- **Skills:** What are you good at? What are your gifts and skills and aptitudes? Not just your qualifications (although these are often relevant) but your gifts of character and personality too. How could you best use all that God has given you and make a difference?

***** Next month we’ll look at additional indicators of how God guides us: Values; Events and Circumstances; Other People and Inner Conviction.**

¹ Adapted from [How to Discover Your Vocation](#) by Fr. Stephen Wang.

For Reflection:

God “speaks” to us in all kinds of different ways. Spend some time reflecting on the questions above. What are you learning about yourself as it relates to discernment?

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.

This month's vocation resource:

Read how Sister Kathryn Press, ASCJ, found an unlikely source of wisdom and knowledge in preparation for religious life...at summer camp!

<https://www.globalsistersreport.org/lutheran-summer-camp-best-preparation-convent>

DID YOU KNOW?

Back issues of Vocation Reflections are available [online](#).

You can stay up-to-date with SSND Vocations at flowpage.com/ssnd or scan the code below.

Looking ahead

Click the event title for more information.



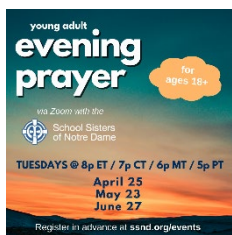
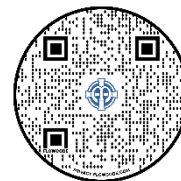
Joyful and Alive Conversation

April 20, 2023

8 p.m. ET / 7 p.m. CT

Online

Please register in advance for the Zoom link



Young Adult Evening Prayer

April 25, 2023

May 23, 2023

June 27, 2023

8 p.m. ET / 7 p.m. CT

Online

Please register in advance for the Zoom link



SSND Summer Service Week

June 11-17, 2023

at Whole Kids Outreach in Ellington, Missouri

Please register by May 15, 2023



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