

Vocation Reflections

June 2024

 School Sisters of Notre Dame

“If we would always recognize the guiding and educating hand of God in the various events of life, we would see some things in a different light and know how to use all for the good of our souls.”
Blessed Theresa of Jesus Gerhardinger, Foundress, School Sisters of Notre Dame
(Letter #5235, March 21, 1877)

The habit of discernment

How often during the day do we realize that God is right there next to us, ever ready to guide us? How does this daily listening to God help us in our discernment?

By Sister Rose Mary Dougherty, SSND¹

The **habit of discernment** is an attitude of listening to God in all of life. We might also describe it as a posture of openness to God in all of life or simply as prayerfulness. Some would name it active awareness. Others would talk about living fully out of our Sacred Source. However we name it, it is important to reiterate that the habit of discernment is a gift. It is a gift that we may cultivate by praying intentionally and specifically in whatever way is right for us to be grounded in this habit. Our prayer begins, I think, as we say as wholeheartedly as possible: “This is what I want. This is how I want to live.” We might ask to remember our desire for God all through the day. We may ask to see ourselves and others with God’s eyes. Or we may simply be present in an attitude of openness to God in wordless prayer, allowing God’s prayer to fill our hearts and overflow in compassion for our world.



Contemplative practices that sharpen our awareness of reality also nourish the habit of discernment. These practices can open us to the dismantling of the clutter that covers our discerning hearts. They can bring us to our Center where we live more fully in the present moment so that in any given moment we can see what there is to see and respond freshly from who we are in this moment.

Contemplative practices involve coming to our querencia, our Center, and once there, simply be present to what is, allowing ourselves to observe what is without the need to alter it. We might notice things like our breathing or an emotion, or something outside ourselves like a shadow on a wall. We see, without thinking about or defining what we see. Gradually, the distinctions between ourselves and what we see disappear. We are in oneness with God. We may look to the prayer from the Book of Wisdom:

*That she may send (wisdom) forth from your holy heavens...
that she may labor at my side, and that I may learn what is
pleasing to you. For she knows and understands all things,
and she will guide me wisely in my actions. (Wis 9:10-11)*

More simply, we might pray to remember God and our desire for God.

*Listen
WITH THE ♥ ear ♥ OF YOUR
heart.*

¹ From [Discernment: A Path to Spiritual Awakening](#) by Rose Mary Dougherty, SSND. Paulist Press, 2009.

Reflection #1:

1. What speaks to your heart as you read the passage from Sister Rose Mary?
2. How attentive are you to God's voice in your life?
3. What might you need to do in order to "pray to remember God and our desire for God"?

Reflection #2: Listen to the song "[Consciousness Waking](#)" by Jan Novotka

1. In what space do you find yourself?
2. When have you experienced the Holy rising in your midst?
3. What is your generous response?

Closing Prayer

Good and Gracious God, I hear your calling. I can almost feel the warmth of your breath as you whisper in my ear. You are reminding me of my call. I am listening. Amen. (*Blessed Theresa of Jesus Gerhardinger*)

This month's vocation resource:

"God is in every yes, and what happens after the yes is not completely controlled by us."
Read more at <https://www.globalsistersreport.org/columns/new-year-new-yes>.

Looking ahead *(Click the event title to learn more.)*



Online Evening Prayer

For young adults ages 18+
June 25, 2024
8 p.m. ET / 7 p.m. CT



Summer Service Week 2024

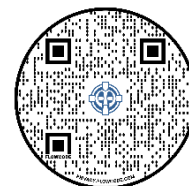
For any women ages 18-45
July 14-20, 2024
Whole Kids Outreach in Ellington, MO
Please register by June 10. Space is limited.


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God's cause
is the *only* concern of
our hearts

Discussed
Theresa
of Jesus
Gerhardinger



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