



## A continual change of mind and heart

by Sister Bridget Waldorf, SSND

During the season of Lent, we are called to “Repent and believe in the gospel (Good News).”<sup>1</sup> What does this look like in the context of religious life? Certainly, we are each invited to examine and name our own needs for change. We are reminded to receive the Sacrament of Reconciliation regularly as all the faithful are encouraged to do.

In addition, our SSND rule—and perhaps other congregational rules—state in some way that “Christian conversion requires new thinking and new living, a continual change of mind and hearts as individuals and as community.”<sup>2</sup> It can be helpful to look at the following ways our call to conversion and our response find expression. **Perhaps an individual inquiring about the vowed life can ask herself, “How am I doing in any one of these areas?”**

- **Personal:** personal prayer; the discipline of honesty and authenticity; courageous coping with insecurities and fear; assuming responsibility for the quality of my work / ministry; and personal asceticism.
- **Communal:** authentic dialogue; openness to others and willingness to change; mutual encouragement, expression of failure and forgiveness, and patient response to slights and misunderstandings.
- **Global Outreach:** acceptance of diversity; acknowledgment of our participation in social sin; accepting the responsibility of becoming knowledgeable about world events and issues; attempts to alleviate human suffering, especially that of the poor; and the promotion of justice and peace.

For me, this is a daunting list. Yet the focus helps in drawing me closer to who I believe God has called me to be as an individual, as a mission-centered member of the School Sisters of Notre Dame and as an Easter person!

<sup>1</sup> Mark 1:15

<sup>2</sup> From *You Are Sent*, Constitution of the School Sisters of Notre Dame, par. GD51



## Let Us Once More Begin Anew

Jesus,  
in Your presence  
I am a beginner  
and, in many ways,  
I remain a beginner  
in the humility to accept myself  
just as I am,  
in the courage to change myself  
as well as I am able.

I am a beginner  
when I consider  
how little I really trust You,  
how difficult it is for me  
to love others,  
how sensitive I am  
to injustice and injury.

The wonderful thing, however, is  
this:  
with You, Master,  
I am able to begin anew again and  
again,  
to begin anew every day.  
Until my last breath  
You give me another chance,  
for You love all beginners.  
Yes, You Yourself grant a new  
beginning  
to everyone who would like to  
begin once again.

Jesus,  
thank you for everything  
that you begin with me, a beginner.

From “You, God; Prayer-Meditations on Words of Mother M. Theresa of Jesus Gerhardinger” by Theo Schmidkonz, S.J. Translated by Sister Anne Winkelmann, SSND, 1992. p.48.



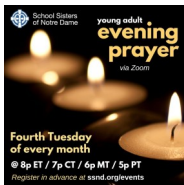
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## HAPPY EASTER!

April 20, 2025



### [Young Adult Evening Prayer](#)

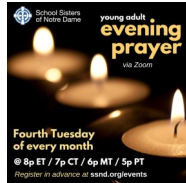
*For young adults ages 18+*

April 22, 2025

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

### [World Day of Prayer for Vocations](#)

May 11, 2025



### [Young Adult Evening Prayer](#)

*For young adults ages 18+*

May 27, 2025

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



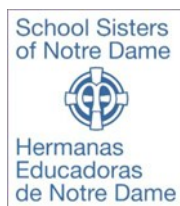
### [Young Adult Evening Prayer](#)

*For young adults ages 18+*

June 24, 2025

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

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



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