

# Vocation

MAY 2026

# REFLECTIONS



## For Reflection

1.

Have you experienced resistance or reluctance during your journey of discernment?

Was there something / someone that brought light to that moment?

2.

In one of her many writings, Bl. Theresa of Jesus Gerhardinger wrote:

“Freedom ... is the acquired power of the spirit who lets nothing hinder it from fulfilling the will of God.” (Letter #2)

How have you experienced the power of the spirit in your discernment?

## Overcoming resistance

by Sister Raquel Ortez, SSND

C.S. Lewis documented his conversion to Christianity as a gradual, intellectual, and deeply reluctant process. He famously described himself as “the most dejected and reluctant convert in all England.” He admitted that when he knelt for the first time, he did not do it with great excitement or emotional passion, but with the feeling that it was something he needed to do.

Where did that feeling come from? He explained it clearly by noting that as he knelt, overcoming his resistance, he realized that the power of God is our liberation. Lewis’ realization helps me to find a simple and clear understanding of the word “vocation:” true freedom to hear God’s call. Vocation is to surrender to God and follow His will.

Over the centuries, we see so many who experience a “force” that leads them to an encounter with God. It is a deep sense within us that tells us what we should do instead of what we want to do. Even when we resist, this voice stays there, reminding us of the right path.

Many people ask, “What is my calling? What does God want from me?” A vocation is not always something easy to explain. It is when we hear an inner voice so strong that turning our back on it becomes almost impossible. It is then that we move from “What do I want?” to “Here I am.” It moves us from personal desire to service, from comfort to purpose.

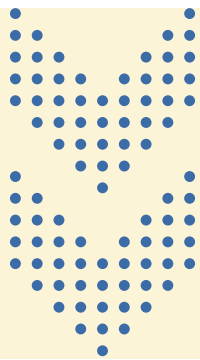
Finding our vocation is not always about a dramatic moment. Sometimes it comes quietly, through prayer, reflection, and the small decisions of daily life. But when God calls, there is a peace even in the struggle, because deep inside we know we are walking where we are supposed to be.

Like C. S. Lewis, sometimes we may resist at first. We may be afraid, uncertain, or unwilling. But in the end, we discover that God’s call is not a burden—it is freedom. God’s force is not oppression, but liberation. And our vocation is where that freedom becomes our mission.



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# Looking Ahead

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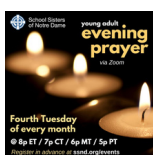


MAY 2026



## Religious Brothers Day

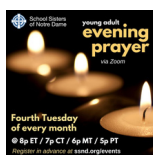
May 1, 2026



## Young Adult Evening Prayer

May 26, 2026

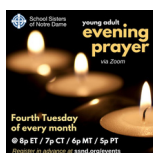
8 p.m. ET / 7 p.m. CT via Zoom



## Young Adult Evening Prayer

June 23, 2026

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



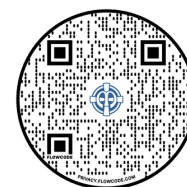
## Young Adult Evening Prayer

July 28, 2026

(Via document only)

God's cause  
is the *only* concern of  
our hearts  
Blessed  
Theresa  
of Jesus  
Gerhardinger

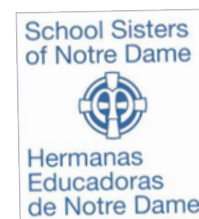
La  
causa de Dios  
es la *única* preocupación de  
nuestros corazones  
Beata Teresa de Jesús Gerhardinger



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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, contact [sisters@ssnd.org](mailto:sisters@ssnd.org).

