

Vocation

JULY 2026

REFLECTIONS



For Reflection

1.

You are invited to “sit at the feet” of Jesus and reflect on this biblical passage to find out what is for you “the only one thing needed” at this time in your discernment. What was that experience like?

2.

Imagine yourself being present at this biblical scene and observing Martha and Mary. If you were one of them, what would you be feeling and why?

3.

Have you ever felt listened to with great depth? When have you listened to someone with all your heart?

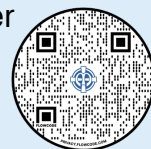
There is need of only one thing

by Sister Beatriz Martínez-García, SSND

On July 29, the Catholic Church celebrates the memorial of Saints Martha, Mary, and Lazarus. The story of Jesus’ visit to his close friends reminds me of when I started discerning my vocation. At age 20, I was working, studying, and serving as a catechist in my parish, which spanned urban and rural areas, and participating in the youth group there. Encountering the love of Jesus Christ on a weekend retreat was so profound that it inspired me to ask myself how God was inviting me to live out my baptismal call. Gradually, a deep desire and urgency arose within me to know how I could serve God with my entire life. Then, I considered religious life; I thought it was the best way for me to give myself entirely to God.

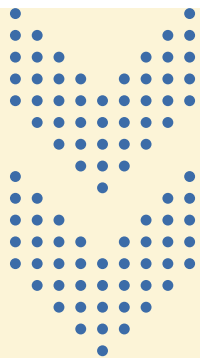
I reflected with the passage of [Luke 10:38-42](#) when Jesus visited his friends Martha, Mary, and Lazarus. To better understand this scripture, I read an [exegetis by the Spanish theologian Alberto Benito](#), who said that the text focuses on two sisters: Martha and Mary. The dialogue between Martha and Jesus suggests that they have a close, friendly relationship. Conversely, St. Luke portrays Mary as the model disciple, choosing to sit at the feet of Jesus. This means listening attentively to him, which is the central message of this gospel. I understood that this passage is not about Mary representing contemplative religious life and Martha representing active life as it is commonly interpreted. Rather, it is about choosing the one necessary thing: listening wholeheartedly to Jesus.

At the time when I was discerning God’s call, this text encouraged me to listen to Jesus and recognize that, in listening to him, I could better understand God’s will for me. It helped me to discover the only necessary thing. Even after 35 years of religious life, this message remains for me as the only necessary thing, that is, to listen to God not only in the Scriptures, but also in the circumstances of my daily life and what happens in our world.



Scan for back issues and more from SSND



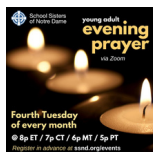


Looking Ahead

Click each event title to learn more or visit ssnd.org/events.



JULY 2026



Young Adult Evening Prayer

July 28, 2026

Instead of praying online in July 2026, a prayer guide will be available for your individual or community use.

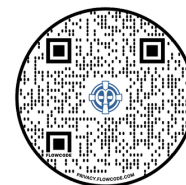
We will be taking a break from online evening prayer in August.

Our monthly online evening prayer will resume in September 2026. Please check ssnd.org/events for dates.

*We will continue praying for you!
Have a great summer!*

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

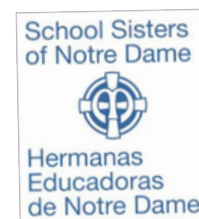
La
causa de Dios
es la *única preocupación* de
nuestros corazones
Beata Teresa de Jesús Gerhardinger



Scan for event links
and more from SSND!

For previous issues
of Vocation Reflections,
visit ssnd.org/vocationreflections.

For a list of recommended reading
on discernment, visit
ssnd.org/booklist.



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.

