

VOCATION CONNECTION

>newsletter

DAUGHTERS of CHARITY
OF ST. VINCENT DE PAUL



daughters-of-charity.com

Vincentian Prayer During Discernment

by Sister Mary Frances Barnes, D.C.

Prayer is always at the top of the list of things to do for discernment. Those of us who are vocation directors are always telling you, discerners, to “pray!” But—what do we mean by that?

Anything and everything one reads about discernment names

many steps and in the midst of it all it says, “pray!” I’ve heard this continually during my time as a Daughter of Charity, whenever I

was to discern the next step of my life. This always made me stop and say, “But what *is* prayer? If I am in the process of discerning, isn’t that enough?”

To be honest, it is not enough! All the things I do in my process of discerning are reflective and they *can* be prayer, but they are not *always* prayer. I need to take time out of the “thinking” and “discerning” just to sit with the Lord. Just the Lord and I; no agendas, no pros and cons, only the Lord along with me. I must listen!

In the Vincentian tradition, there are many aspects to our prayer. We pray Morning and Evening Prayer with the Church and daily engage in Meditation/

Contemplation. We examine our day at the end of it to find where God was speaking and acting. We read something spiritual each day, not only to keep updated, but to keep our minds and hearts uplifted to God. Our daily Rosary puts us in touch with Our Blessed Mother and through her, we go to Christ. We attend daily Eucharist because we are “conscious of the vital importance of the Eucharist, center of [our] life and mission and an indispensable meeting each day with Christ and [our] brothers and sisters,” (Constitutions of the Daughters of Charity).

St. Louise de Marillac, our co-founder said, “In prayer we find all the help that we need,” (St. Louise, Letter 126). It is good to take a few minutes each day for prayer. Gradually build up the time you spend. Use the daily Mass readings to help center yourself in the Scriptures. It is good preparation for daily Mass which is also a source of strength in your time of discernment. If at all possible, seek out a spiritual companion or spiritual director. With this person



you share what God is saying to you in your time of prayer and you are guided to go deeper into your relationship with the Lord.

The events of our daily lives are also a source of connection with the Lord. What did you hear in this encounter with a client? What did that student teach me today about Faith? The time you take to listen to what the Lord is saying in so many different places is not wasted! Just a few minutes reflection each evening. You might find the app “Pray As You Go” helpful. Scroll to the bottom of the opening screen to the “examen” to find a guide for examining your day.

St. Louise had a great devotion to the Holy Spirit. “Souls that are truly poor and desirous of serving God should place their trust in the coming of the Holy Spirit within them believing that, finding no resistance in them, He will give them the disposition necessary to accomplish the holy will of God,” (St. Louise, A25). Through the example of St. Louise, St. Vincent de Paul, and St. Elizabeth Ann Seton, may the Holy Spirit touch your hearts and your spirits and teach you the way in your path of discernment!



more vocation and discernment stories:

<http://spiritofthedaughtersofcharity.blogspot.com>

Surprised by YES!

by Sister Lisa Laguna, D.C. & Postulants

One thing that is hard to describe to women who are discerning is just how God will surprise you in ways you almost could not imagine—maybe did not imagine. It's hard to express that your YES is an invitation for God's grace to enter into your life—and the lives of your family, friends, and coworkers, too—in new ways.

Our postulants took the time to share small, and not so small, surprises with us for this newsletter. Enjoy!



"My biggest worry was my family. Now, I just worry a little about them. This is a big surprise for me!" - Lien Le

"I've been most surprised by how God nurtures each sister with faith and the people we serve with hope... Jesus in people who are poor has surprised me by their cheer when I was commissioned in the chapel with gifts of freshly made orange juice at morning class, with gifts from their personal things like scarves to decorate me, to share their special magic cup or mint candies...just to name a few" - Maricris Ona



"I have been most surprised by how God loves me so much and shows it to me on a daily basis, allowing me to see Christ's face. It's a love I don't feel worthy of having, but am very blessed to experience." - Cynthia Estrada

"All of this journey has been a surprise—an unexpected surprise that has given me the opportunity to trust God and see His loving hand in everything, including a deeper relationship with Mother Mary." - Martha Hidalgo



Allow God to surprise you with your YES! God bless your journey!

Dear Discerners,

Resurrection, Pentecost, and yes, even our current church season of Ordinary time can be filled with surprises. This summer, as you slow down, take time to rest, partake in different experiences, spend time with family and friends, and visit with our sisters, we hope you let your guard down and are open to whatever surprises God has in store for you. Jesus often surprised his Disciples. In fact, the followers who were open to surprises and new experiences were more likely to hear His message. In this newsletter, you read about how our postulants were open to their own surprises and about the importance of being quiet before the Lord with no agenda. Listen to any vocation story and you will quickly learn that it didn't go according to a plan. May the gift of summer lead you to open yourself to surprises in prayer as well as your discernment journey. If you have extra time, please come visit one of our houses and/or ministries. We pray that you enjoy summer, discernment, and God's great surprises!

Blessings, Sisters Lisa, Mary Fran, Theresa, Pat, Kathy, and Virginia Ann

upcoming events

<http://daughters-of-charity.com/retreats>

Online Retreat

July 17-23 // Summer

September 24-28 // Fall

December 10-14 // Advent

Come & See

September 15-17 // Los Altos Hills, CA

November 3-5 // Emmitsburg, MD

TBD // St. Louis, MO

America's Got Sisters!

October 13-14 // Chicago, IL

Come & Serve

September 1-3 // New Orleans, LA

Help us stay in touch!

If you are moving or have a new email address, please let us know so we can stay in touch!

Coming Soon To You...

Be on the lookout for some Daughters of Charity podcasts in the coming months! We'll be talking vocations, ministries, community life, and more featuring a new guest each episode! All coming soon to a computer near you!

share with us.



from the directors