



MISSION DISCERNMENT

You've got questions ?

Suggestions for Growth

Questions:

How do I start a discernment process?

What do you suggest that I do in my life?

What are the tools and means needed for a discernment journey?

It's an experience like no other. You thought often about becoming a priest, sister, or doing something in relation to church ministry, but even though you had dismissed the idea many a times, the attraction to a church vocation keeps coming back.

The following suggestions might help you clarify your journey of faith, and your discernment for your presence and future.

Relax

Find your own quiet place, and use music, candles, reading, and art

Keep a Journal

Writing a journal is a personal tool for growth, for personal integration, and for getting in touch with the flow of one's life. If you feel comfortable with it, use it whenever needed and to the depth you wish.

Don't rush through your journal; you set the pace

Choose a Guide

None of us can go through the faith journey alone. Choose someone (a companion with whom you may consider to meet regularly) and whose experience allows you to tell your story, look at yourself honestly and gain some direction and support.

Read and Meditate

It is a slow and thoughtful reading that leads to prayer and to applying the message to your life. Books should be rich in content and thought provoking

Pray

Open your heart, indeed your whole person to the mystery of God's role in your personal existence and

in the world. True prayer goes beyond saying prayers and is intertwined with our daily life. Be a prayerful listener, reflecting, responding in simplicity and honesty

Serve

Live without rewards, among the poor, the lonely, the discouraged, the underprivileged. Look around and you'll find so many organizations and volunteer programs that provide just that. Go beyond restricting your service to Thanksgiving and Christmas, but apply it all year around

"To Seek, See, and Love God in All"



"Moses, remove the sandals from your feet, for the place where you stand is holy ground." [by Antonella del Grosso, xmm]